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## Prevention rather than cure suggested for obesity



PHILIPSBURG -- The level of obesity in the Netherlands Antilles is alarming and warrants immediate action from all involved, parliamentarian Jacqueline Spencer (PAR) said Thursday when the parliamentary committee on obesity presented its report "Obesity the Silent Epidemic in the Netherlands Antilles" to health stakeholders in St. Maarten.

The need for the focus to shift from cure to prevention of this chronic ailment was also emphasised.

The committee found obesity among youngsters to be very high. This is due to the high cost of fruits and vegetables, limited access to healthy food at school, and lack of exercise and guidance.

*Continued on Page 6*

# Atacho: Contact meetings mean nothing if govts don't follow up

ARUBA--Continued contact meetings between parliaments of the Netherlands Antilles and Aruba do not make sense if the final declarations are not followed up on by the respective governments, said Antillean President of Parliament Pedro Atacho.

Speaking to the St. Maarten press from Aruba where the regular bi-partite meeting started Thursday morning, Atacho repeated what he said in his opening address that the people of the islands won't benefit from just the good intention to meet about topics of common interest. They will be "better served" if they

also see decisions and follow-ups from the parliamentary meetings.

He added that it was sad that since 2004 the Ministerial Cooperation Council, as implemented by the Law on Cooperation between the Netherlands Antilles and Aruba, has only met once in May 2008.

"This way of doing things creates emptiness in the common challenges that our governments have to attend to in favour of our communities. More than once our final declarations have pinpointed on the necessity for Ministerial Cooperation Council to meet

regularly. We hope that very soon these meetings will resume on a structural basis," the parliament president said.

"If governments don't follow up on the topics handled by the parliamentarians, we should ask ourselves the valid question: If our meetings really make sense and if they have added value for our populations," Atacho said.

During the meeting in Aruba, that continues until Saturday, the movement of people between the Antilles and Aruba as well as around the Dutch Kingdom will be discussed. Also on the agenda are air space of Antilles and



Aruba, foreign policy of the kingdom, consumer and privacy protection of citizens and presentation of the Obesity Report, cooperation on financial services and constitutional affairs. □

*With an Aruban playing the quad-drum*

## Timber Creek Regiment Is The Best In Orlando, Florida



Timber Creek Regiment is the name of the marching band of the Timber Creek High School of Orlando, Florida. It features members of the Timber Creek HS Wind Ensemble, Symphonic Band, Concert Band, Color Guard

and Percussion Ensembles. Last year they were Grand Champions at the Colonial HS Grenadier Invitational. This year the Regiment won the Grand Champions at the Tarpon Springs Outdoor Music Festival and at the University Classic. Both are FMBC regional competitions. The Regiment has received Superior ratings at District Marching MPA since 2001. The band has no fewer than 160 musicians and some 20 - 30 members in the color guard.

The Aruban in the band is Kyle Harms, grandson of Clyde Harms, president of Aruba Scholarship Foundation. Kyle



was born here but has been living in Orlando for over five years. In the band Kyle plays the "quads," four mounted tenor drums allowing him to play the drums simultaneously while marching.

Recently there was a non-competitive show of various HS bands in the Citrus Bowl of Orlando and the Regiment again showed why it's considered one of the best of Florida. □





# Visit an actual Gold Mine for free

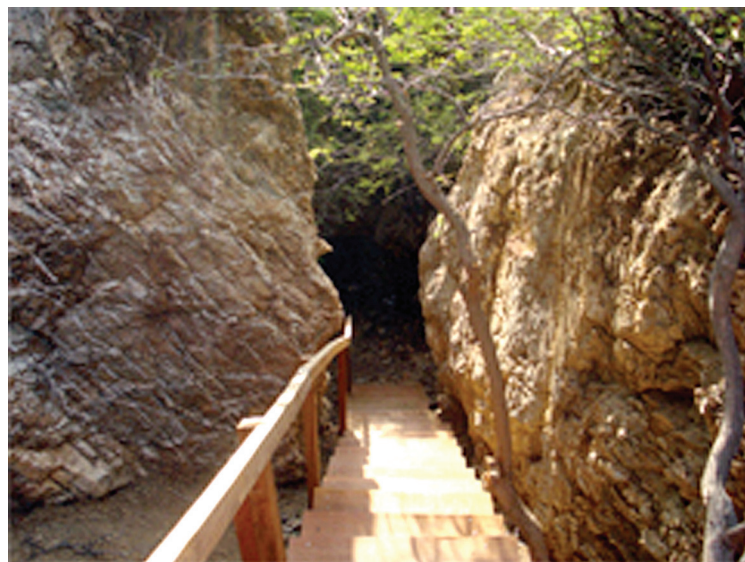


Are you looking for something different to do when exploring the island? If you happen to be on the road to the Natural Bridge, you may not notice a great attraction just off the road. The last stop on the road to the famous mentioned landmark there is this place called the Gold Mine Ranch. Here you can get free admissions to an abandoned Gold Mine. If you're wondering what on earth a gold Mine is doing there, then keep in mind that gold was once an important Aruban product. The Ruins dates back to at least 1874. The whole area was greatly exploited for the precious metal, but many mines are dangerous to visit. An average mine can easily drop 80 feet down

into an obscure bottom. The mine at the Ranch is –fortunately– relatively safe in comparison with other mines in the area. It is not very steep and there are ladders and hand rails for support and comfort. Inside the Mine there are also great spots for a Kodak moment with family and friends. Imagine showing folks back home that you were in a mine. Of course there is no need to worry if it is all dark and scary. The Mine is not enclosed, but open and you can see the sky and sun from the beginning to the end. If you need guidance, then that is possible too. For only five US dollars per person –with a minimum of two people– you can get a guided tour to the mines

and so get the most out this attraction. You can also enjoy other services at the Ranch, e.g. observing the animals kept there. For people who want to finish this activity with an adventurous finale there is also the possibility of horseback riding right there and then. The horseback riding adventure is also safe enough for 7-year-olds. People can also drink a beer and relax before they keep on moving in the wild area and explore the remaining attractions and landmarks. So come visit this Gold Mine and experience something different, for free!

Located right next the ostrich farm on the road to the natural Bridge. □



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## The Radisson welcomes a singing sensation Tito "El Bambino"

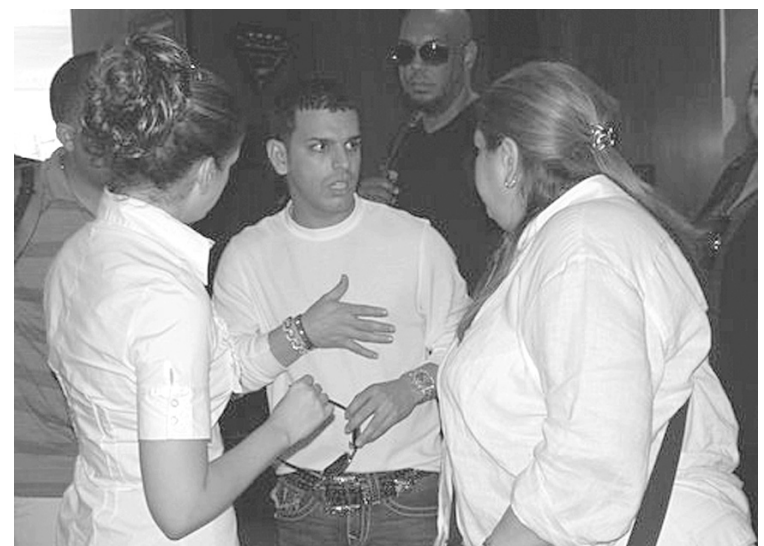


PALM BEACH – Reggaeton singing star Tito "El Bambino" arrived at the Radisson Aruba Resort Casino & Spa where

he will stay over the weekend while on the island for a concert, his last for 2009. Born in Puerto Rico he rose



to fame as part of a duo, then broke through as a solo performer to be nominated to two Grammy awards, he is considered a pioneer of Reggaeton. In Aruba he is expected to sell out a concert at the Entertainment Center. Pictured here his arrival at the Radisson as he is being greeted by the management team. Dinner at the resort's 4-diamond restaurant, the Sunset Grille, appeared first on his island agenda! □





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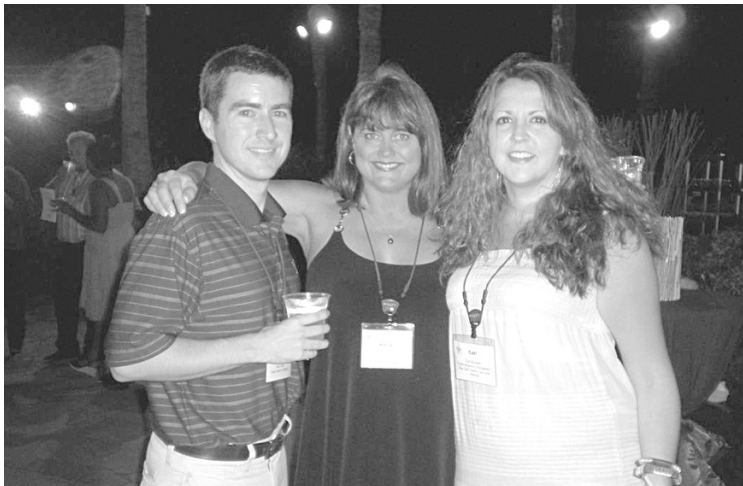
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## Hyatt Regency Aruba Resort proudly hosts top producing travel partners



PALM BEACH - On Thursday evening, a pool deck cocktail reception was held at the Hyatt Regency Aruba Resort to welcome guests of Hyatt's annual Travel Agent Award Conference. The attendees represent the top-producing travel agents for the 18 North American resorts within the Hyatt Resorts division.

Hyatt prides itself on providing "Authentic Hospitality" and exceptional service to clients, and the agents attending the conference were invited as a show of appreciation for their partnership in achieving this goal.

The conference in Aruba marks the first time it is hosted at an international destination. The entire team at the Hyatt Regency Aruba Resort is proud to showcase their brand of authentic island hospitality, and Thursday evening's event gave guests a taste of that with the exclusive "Authentic Island Chic" theme created in partnership with ECO Destination Management Services. The agents were able to explore the island right on the pool deck of the resort, with various food stations representing island highlights and dining experiences.

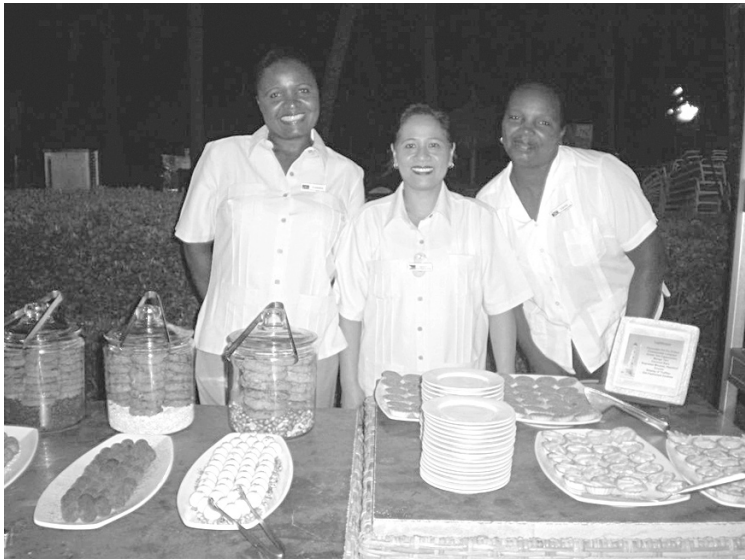
Stations like "Oranjestad" shared Holland's influence on cuisine with Dutch pea shooters, sweet and savory Dutch pancakes, croquettes, and assorted Dutch cheese and sausages. Walking over to the station representing the seaside town of Savaneta, seafood lovers enjoyed snapper and conch ceviches, grouper fingers, grilled wahoo, steamed shrimp, spicy tuna rolls, and the island's own Balashi Beer. A trip to the California Lighthouse station was a sweet treat with tropical temptations like mango tarts, coconut bars, as well as homemade cookies, espresso mousse, truffles, and more.







On Friday morning conference guests arose to a "Wake up in Paradise" breakfast at the resort's beachfront Palms restaurant, followed by a Hyatt Resorts tradeshow in the



freshly-renovated ballroom and conference area.

Afterwards, guests were able to partake in various island activities coordinated just for them, including a sunset sail. The event's farewell dinner and awards presentation was themed "Brushstrokes

at Sunset," and was a toes-in-the-sand affair on the shores of the resort. A local 13-year old artist joined the group on the beach to paint the gorgeous Caribbean sunset, which was



then awarded to the travel agent of the year by General Manager Susan Santiago.

The conference was a great success, with these valuable travel professionals now

having first-hand knowledge and experiences of the Hyatt Regency Aruba Resort and the island of Aruba to share with and recommend to their clientele. □





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I have a confession for you, Dear Readers. I enjoy NFL Football. My justifications are both numerous and complex. Although the salaries are beyond obscene, the money generated by the National Football League and their associates help communities and kids tremendously, in ways no one else can. The kid's passion provides a hook to pull them away from the negative forces that dominate their lives.

Recently, an NFL star was being interviewed. His efforts had just won the game. He was gasping for breath, dripping sweat, and beaming with Life Force while he tried to gain his composure against the chaotic celebration surrounding him. I don't remember his name, and I don't remember the question he was asked, but his answer stuck in my mind.

"It is what it is. And sometimes it is what it isn't. But we are who we are right now and that's what matters."

"It is what it is." We cannot argue with the existing three dimensional facts. This has become a common saying in the US. As goofy as it sounds at face value, the power of this simple phrase over the

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# HUMAN HINTS

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*It Is What It Is*

mind is tremendous. When we approach bad news and setbacks from the mindset of, "It is what it is," we immediately separate our emotions from the situation. The only thing we can do is accept the three dimensional facts and go from there. "It is what it is, now what do we do."

"Sometimes it is what it isn't." The reality that we make up in our mind is often vastly different than the three dimensional facts. Our emotions are constantly manipulating our thoughts, forcing them into places that hold no similarity whatsoever to three dimensional facts. We must remain vigilant in our own minds, constantly stopping our thoughts from wandering too far from three dimensional facts. Some of us are better than others at this. Most of us make things up in our minds just for the excitement, because the three dimensional facts are too monotonous to face without

a little distraction, even if it's 'only' in our mind.

"We are who we are right now..." Again we find that stating the painfully obvious can be profoundly insightful. We are NOT who we were years ago, last month, or even yesterday.

We are who we are right now. Given the exact same situation, the way we act, think and feel in this moment is different than they were a few hours ago. Whether the change is slight or dramatic, we become a different person in every moment.

"...and that's what matters." All that matters is who we are right now. The past helped us become who we are, but we have power in this now moment. Our actions, thoughts and

feelings right now define who we are. What happened to us in the past is meaningless. What will happen in our future is way beyond our capacity to see or understand. Only who

we are right Now matters.

Until Tomorrow...

Go to [www.HumanHints.com](http://www.HumanHints.com) to sign up to receive this column in your email each day.

~**Quentin Danziger**

Quentin has over 20 years experience balancing what we refer to as the Real World, with science and spirit. He has held positions of responsibility and authority, received a Bachelor of Science in Engineering Physics from Colorado School of Mines, and has also studied many avenues of alternative thought.

HumanHints is the culmination of his knowledge, experience and practice. These free daily emails detail concrete, real-world techniques to consciously create any future you choose, while in the throes of daily life created by outdated modes of thought.

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## OBEILITY

*Continued from Front Page*

The same was true for their parents who, especially in the Windward Islands, have two jobs and limited or no time for exercise.

Insurance companies do not treat obesity and overweight as a chronic problem, a classification the committee is on a mission to change. Also it will be tackling the Central Government to relax levies on fruits and vegetables and to make it mandatory for restaurants, particularly fast food restaurants, to list the calories per serving for their meals.

The Committee also wants to see better labelling for foods and it wants the use of children in soft drink, fast food and other related advertisements to be prohibited.

The committee will meet with Finance Minister Ersilia de Lannooy, Health Minister Omayra Leeftang and State Secretary for Health Patrick Illidge in the coming days on these issues. The committee, headed by Spencer, met with Education Commissioner William Marlin and Health Commissioner Hyacinth Richardson, on the content of the report to push for more focus on tackling obesity.

Parliamentarian Rodolphe Samuel (NA) said obesity was an international problem, but as the report showed, was also rampant here at home in the Antilles and St. Maarten. Tackling obesity is a way of saving the present and future generations, he said.

Illidge said the same people were up front every time the issues such as obesity were raised, such as the doctors, other health care providers and foundations, but the root of the problem – the supply of the unhealthy foods – was not addressed. He suggested that the importers and sellers of food become involved with the process.

Information about the coverage of obesity by the Social Insurance Bank SVB will also be addressed at a later date in a session to be organised by Illidge and the parliamentary committee



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products!

Ideally located in front of the Occidental Resort (Former Allegro), they are visited both by individuals and families alike, as we have a kids playground and a kids menu to entertain them, so they can enjoy their

dinner as much as you will yours!

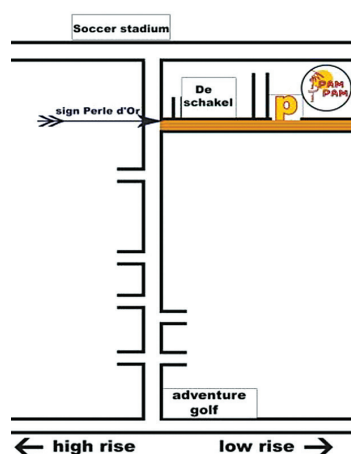
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# Experience authentic regional ambiance every Friday evening at Pam-Pam Café



Pam-Pam Café, located in the charming Perle D'Or Resort in Bubali, is the place to be on Friday evenings for a great taste of regional music, dance, food and hospitality, as proprietors and hosts Nico and Monique van de Borne welcome guests for their weekly "Latin Night."

Pam-Pam Café is situated in a delightful tropical setting that is the perfect backdrop for a show by 2002 World Salsa Champions Janice and Oslin Boekhoudt, who run their Pachanga Dance School

out Perle D'Or. They and their dance troupe put on a show of the exotic Zouk, originating from the French islands of Guadeloupe and Martinique, and inspiration for the Brazilian Lambada. If their sensual movements inspire any audience members, they can sign up at Pam-Pam for private dance lessons from the Pachanga crew, which also teach Salsa and Merengue.

In addition to the island music and dance, reasonably prices snacks (10.50 in Aruban florins (\$6) for an Assorted Snack Platter or Buffalo Wings among

other choices) and cocktails are available throughout the evening. From 11 PM until closing time, Pam-Pam offers a special on top shelf whiskey for only 6 Aruban

florins (\$3.50)

If you are looking for the "real deal" in Caribbean entertainment and ambiance and a chance to rub elbows with islanders, schedule Pam-Pam Café as your Friday night entertainment!

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in Aruba, is found only at their establishment and which they have dubbed their "Gourmet Meal." A grill and a collection of the freshest of ingredients for the various dishes ordered are assembled tableside, and patrons prepare the food themselves, controlling their preference of seasonings and garnishes, along with degree of doneness, providing a unique and personal taste treat. It is suggested that reservations for this singular dining experience be made one day in advance.

When you want to see restaurants menu, visit: [www.visitaruba.com](http://www.visitaruba.com) Phone: 5877710 or 5932660



## Nine Kid Foods to Avoid



### What Not to Eat

Using nutritional guidelines by the Center for Science in the Public Interest, TIME.com put popular kid-friendly food products to the test. Here's a sample of packaged foods that parents may be better off avoiding, plus our suggestions for what to buy instead.

#### Kid Cuisine All Star Chicken Breast Nuggets



This frozen dinner's colorful box claims that the chicken, corn and pasta inside are a good source of five vitamins and minerals. Look more closely at the nutrition label, however, and you'll see that the sodium content is nearly 200 mg more than the recommended maximum for a full meal.

**Better choice:** Kid Cuisine's Twist and Twirl Spaghetti with Meatballs. It's a source of seven vitamins and minerals and much lower in sodium.

#### Pepperidge Farm Goldfish Crackers



Always a crowd-pleasing snack, these cheddar-flavored crackers' package brags they are trans-fat free. That's certainly something parents should look for at the supermarket. But these goldfish are also swimming in salt — 250 mg per serving.

**Better choice:** Honey Maid graham crackers. Put the goldfish aside for another classic kids favorite. Graham crackers are much lower in salt.

# Teen Obesity: Lack of Exercise May Not Be to Blame

By ALICE PARK

You don't have to spend much time with teenagers to know that the average adolescent would rather devote an afternoon to sitting in front of the TV, computer or video-game console than working out in a gym. And in recent years, as physical-education classes have been progressively cut from cash-strapped public-school curriculums, teens have had even more time to lounge, slouch, hang out or do anything but break a sweat. It's no surprise, then, that obesity rates among U.S. youngsters have skyrocketed, tripling from 1976 to 2004. Public-health experts and obesity researchers attribute the trend in part to kids' increasingly sedentary lifestyles. As teens spend

"On the one hand, we have seen the obesity-prevalence increase, but we don't see a decrease in physical activity," says Dr. Youfa Wang, an associate professor at the Center for Human Nutrition at Hopkins and lead author of the study. "This suggests that physical activity is not a good explanation for the increase in prevalence of obesity." In simple terms, body weight is a reflection of the balance between two variables: the calories a body takes in and the calories it burns off. As far as the average U.S. teen is concerned, the study suggests, the culprit behind weight gain is not a decrease in exercise but an increase in consumption. Of course, that doesn't mean teens are getting adequate



An obese child steps on a scale. The recent sharp rise in child obesity may be about to level off, according to research released by the National Heart Forum (NHF).

(AFP/File/Francois Guillot)

study that activity has nothing to do with weight." Rankin points out that even small changes in a person's energy balance can have a significant effect on weight. Studies have shown that eating

just 10 to 20 extra calories per day — that's one peanut M&M or one tortilla chip — that don't get burned through activity can result in a 2-lb. gain on average over the course of a year. "But none of the methods we have now are accurate enough

study sample was first asked to report their participation in gym classes in school and their level of physical activity at home. The percentage of teens attending daily gym class has stayed relatively steady since 1991; on average, the yearly change in the proportion of students participating was less than 1%. The percentage of ninth-through 12th-graders getting adequate levels of moderate physical activity — exercise such as slow bicycling, fast walking or pushing a lawn mower, which did not make participants break a sweat — also changed very little, from 26.7% in 1999 to 26.5% in 2005, the latest year for which the data was available. Yet obesity rates continued to rise.

So does this mean that exercise isn't important in controlling weight? As tempting as that conclusion might be, Wang and other health experts say that's not exactly what the new data show.

The findings may say less about the role of exercise by itself than about the other variable in the weight equation — diet — and the interaction of the two. While exercise may not contribute directly to weight loss, it is critical for maintaining a healthy weight, since it helps calibrate the balance between energy taken in and energy burned off. "The data is too gross, and too general to assume that [exercise doesn't count]," warns Dr. Janet Walberg Rankin, a professor in the department of human nutrition, foods and exercise at Virginia Tech. "We need to have a dual approach to weight involving both activity and diet. I would hate for people to take away from this

to pick that up," says Rankin. She advises people to take the new data with, well, a grain of salt. The information was collected by asking participants to self-report their exercise habits, which is a notoriously unreliable method — people are not very good at gauging their activity accurately. Add to that the fact that questionnaires are not refined enough to pick up small changes in people's energy intake and expenditure, and it's obvious why the findings are informative but not game-changing. "These data are useful in highlighting who should be targeted — the most difficult cases," says Rankin. In the new study, that group includes African-American girls, who got the least amount of exercise among all adolescent groups. Still, the study highlighted some encouraging trends. For instance, the percentage of teens who spent more than three hours a day in front of the TV dropped from 1999 to 2007, from 43% to 35%. While Wang acknowledges that students may simply be substituting computer or other sedentary screen time for television-viewing, he notes that it's still a trend in the right direction. Far from being an excuse not to exercise, Wang sees the data as a wake-up call for parents and teens.

"The important message is that compared to the recommendations for physical activity, the physical activity of American adolescents is still at a very low level," says Wang. "We still need to make a greater effort to promote physical activity. Even if it does not explain obesity, it has many other beneficial effects." □

## Nine Kid Foods to Avoid

Oscar Mayer Lunchables Mini Tacos



Lunchables have become a staple for kids' lunch bags, and parents are assured by this package that the meal inside is a great source of protein. A closer inspection shows these tortillas are also full of salt — 790 mg worth.

**Better choice:** Oscar Mayer Lunchables Chicken Dunks. Can't resist the convenience of a Lunchable? Then substitute this version for the tacos. The all-white meat main dish is lower in sodium and fat. Still, it's not the best choice. We recommend that you make your own sandwich with low-fat lunchmeats, fresh veggies and whole wheat bread.

#### Kraft Scooby-Doo! Macaroni & Cheese Dinner

What child doesn't love this classic? Parents might not be such a fan of its sodium content, however — nearly 100 mg more than the healthy quantity for pasta.



**Better choice:** Uncle Ben's Brown Whole Grain Rice. Swap mac and cheese for brown rice as a side dish. You gain fiber, magnesium, vitamins E and B-6, copper, zinc — without all the extra sodium.

#### Sunny Delight



Sunny D may contain a full day's supply of vitamin C, as its bottle says, but the tangy orange drink is drowning in sugar — 27 g per glass.

**Better choice:** Milk. Skip Sunny D and pour your kid a glass of skim milk. It's full of calcium and essential vitamins without the sugar.

#### Earth's Best Organic Mini Waffles

They have 12 g of whole grains per serving and they're an excellent source of iron, zinc and six B vitamins, according to the box. What's not so mini about these mini waffles is the percentage of calories from fat — more than 37% per four-waffle serving.

**Better choice:** Quaker Oats. Swap the waffles for some good old-fashioned oatmeal. It's low in fat (less than 17% of total calories per serving), and has been shown to lower cholesterol levels. To sweeten it, add fruit — or sprinkle on a little cinnamon, which may also help to lower cholesterol and blood sugar.



#### Betty Crocker Fruit By The Foot



This fruity favorite's box says these roll-ups are an excellent source of vitamin C and low in fat. The nutrition label, however, reveals that added sugar is high — 48% of one roll-up by weight.

**Better choice:** Real fruit beats processed fruit every time. Cut up orange slices for a wholesome treat that's high in vitamin C.

#### Campbell Soup Cars Souper Shapes Condensed Soup



Kids love Pixar, and this soup's got Pixar's Cars right in the can. The pasta is made with whole grains, according to the label. But each serving also contains 580 mg of sodium — 100 mg more than the CSPI's recommended level for soups.

**Better choice:** Earth's Best Organic Elmo Vegetable Soup. It has noodles shaped like the beloved Sesame Street character, but cuts down on the salt.

#### Kudos Chocolate Chip Granola Bars



Granola is healthy, right? Not always. These snack bars are advertised as low in calories, high in calcium and made with whole grains. They're packed with sugar too.

**Better choice:** Cascadian Farms' Chocolate Chip Granola Bars. With this organic alternative, kids get whole grains and zero trans fats plus much less added sugar. And they can't complain — there are still chocolate chips!



# Romantic beach wedding for Elise and Steven Lazarus



Palm Beach – Newly weds Elise and Steven Lazarus, from New York, are enjoying their honeymoon on the island. They met four-years ago, and when they visited the island

in December of last year, they made the decision to get married at the Radisson Aruba Resort Casino & Spa, having fallen in love with the location and each other.

Forty-eight guests blessed the lovebirds with the presence as guitarist Max Hassel played the Wedding March and Reverend Osborne performed the elegant ceremony.



cold hors d'oeuvres and the special Caribbean desserts, for Aruba buffet dinner, with the party that followed. □

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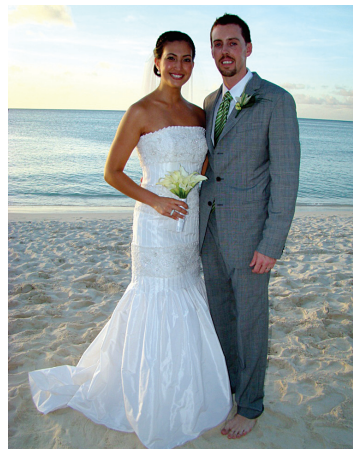
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Wedding coordinator Bonny Stanley, Aruba weddings by Bonny, took care of the arrangement on the beach at sunset on Saturday evening, while the Radisson event specialist Lisa Dammerman orchestrated the fantastic cocktail party with hot and





# Charter legislation sent to Parliaments



THE HAGUE--The legislation proposal to amend the Kingdom Charter reached the Dutch Parliament's Second Chamber on Thursday.

The Kingdom law proposal, needed to realise new constitutional relations within the Dutch Kingdom, along with the Explanatory

Note and the advice of the Council of State, will also be sent to the Parliaments of the Netherlands Antilles and Aruba for approval.

The Kingdom Council of Ministers approved the content of the Kingdom Law during a meeting last week Friday. Dutch State Secretary for Kingdom Relations Ank Bijleveld-Schouten had promised the Second Chamber that the law proposal would immediately be sent to Parliament after the meeting of November 6.

The package was submitted to Parliament a few days later than originally planned. The Second Chamber needed to have the law proposal in time before its handling in the Permanent Committee for Antillean and Aruban Affairs NAAZ this Monday. The amended Charter needs to be proclaimed prior to October

10, 2010, the target date for new relations.

The committee will also submit questions Monday on the approval of a list of treaties and Kingdom Law proposals regarding the Public Prosecutors' Offices and police forces of countries Curaçao, St. Maarten and the BES islands Bonaire, St. Eustatius and Saba, as well as the Common Court of Justice, the Council for Maintenance of Law and Order and Financial Supervision for the countries Curaçao and St. Maarten.

The amendment to the Kingdom Charter involves mostly editorial changes, whereby the term "the Netherlands Antilles" will be replaced by "Curaçao" and "St. Maarten." Regarding the BES islands, the amended Charter will mention that the islands are each "part of the Dutch Constellation."

In the Explanatory Note that accompanied the law change, Dutch Justice Minister Ernst Hirsch Ballin underscored the complication of the constitutional reform process. "The amendment to the Charter provides those changes that are necessary to grant the five islands a new constitutional status in the Kingdom. Transferring the island territories to countries and public entities is a very complicated process," he said. Hirsch Ballin said that, from the point of view of legal security and good governance, it was important that the process to amend the Charter be kept as short as possible. He said a proper course of the transition to implementation of the status change of the island territories demanded great effort of all involved countries and put an immense strain on legislative capacity. □

## Parliament starts handling Kingdom Relations budget

THE HAGUE--The handling of the 2010 Kingdom Relations budget started in the Permanent Committee for Antillean and Aruban Affairs NAAZ of the Dutch Parliament's Second Chamber on Thursday with submission of questions by the political parties.

The questions posed to State Secretary of Kingdom Relations Ank Bijleveld-Schouten were few but diverse, and touched the different subjects that concern the islands of the Netherlands Antilles and Aruba, the constitutional process and The Hague's actions and policy in this area.

So far, only the Labour Party PvdA, part of the ruling coalition, and the opposition party GroenLinks asked questions about the budget, in anticipation of the general debate on the Kingdom Relations budget set for December 1-3.

Both parties asked about the results of the Dutch investments in the social, economic and administrative areas on the

islands and the positive effects these investments should have on the general well-being of the people.

GroenLinks wanted to know what The Hague would do to "strengthen the material and immaterial legal positions" of citizens of the Netherlands Antilles and Aruba. PvdA specifically asked about progress in spending funds made available through the Social Economic Initiative (SEI). The party wanted to know what would happen to funds not spent by the time the country the Netherlands Antilles was eliminated, and what would happen to the funding agency USONA.

PvdA further wanted clarity on the effect of "increased supervision" on Curaçao and St. Maarten, if these islands were not ready to assume more autonomy by the target date of October 10, 2010, on completion of debt reorganisation by the Netherlands.

PvdA asked for "detailed information" about the

institutional assessment that would take place later on to determine whether Curaçao and St. Maarten were able to comply with the conditions set in the November 2006 Final Declaration.


The party wanted to know if Bonaire's decision to hold a referendum had so far had a negative affect on the process of becoming part of the Netherlands as a "public entity." PvdA asked how many quartermasters were active on the BES islands Bonaire, St. Eustatius and Saba and how the cooperation between these quartermasters and local governments was evaluated.

GroenLinks took the opportunity to pose a very current question regarding the recommendation by the Democratic Deficit Committee to extend voting rights for the Dutch Parliament to the islands. "What do you think about the recent advice to grant citizens of the Netherlands Antilles and Aruba voting rights in the Dutch Parliamentary elections?"




It also asked in what way the State Secretary was contributing to the exchange of students between the Netherlands Antilles and the Netherlands, and whether

she was willing to eliminate existing legal residency obstructions. The party further sought an update on a recurring issue: Curaçao's Koraal Specht prison. □



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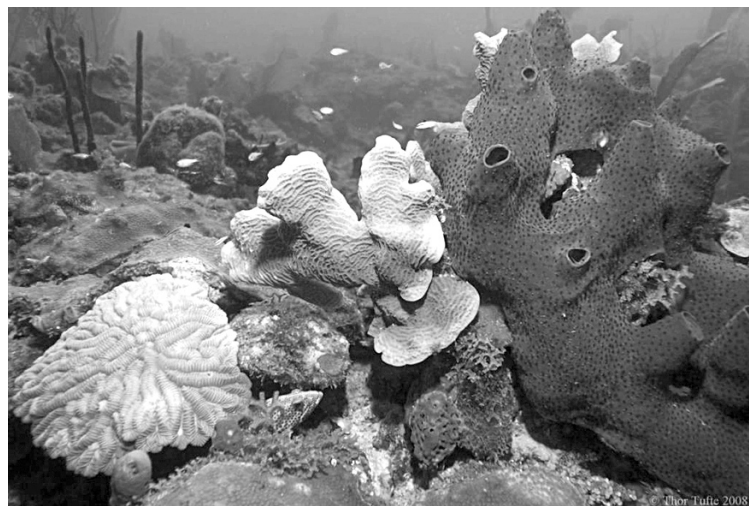


ALWAYS ... ON TOP OF THE NEWS!



# Sponges Recycle Carbon To Give Life To Coral Reefs

Coral reefs support some of the most diverse ecosystems on the planet, yet they thrive in a marine desert. So how do reefs sustain their thriving populations?

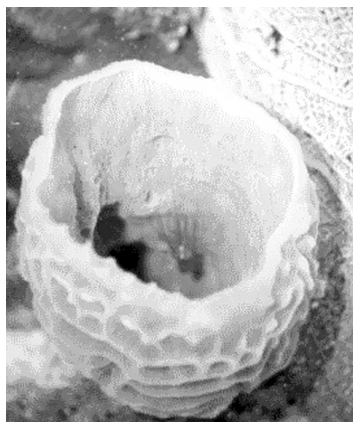


Marine biologist Fleur Van Duyl from the Royal Netherlands Institute for Sea Research is fascinated by the energy budgets that support coral reefs in this impoverished environment. According to van Duyl's former student, Jasper De Goeij, *Halisarca caerulea* sponges grow in the deep dark cavities beneath reefs, and 90% of their diet is composed of dissolved organic carbon, which is inedible for most other reef residents. But when De Goeij measured the amount of carbon that the brightly coloured sponges consumed he found that they consume half of their own weight each day, yet they never grew.

What were the sponges doing with the carbon? Were the sponges really consuming that much carbon, or was there a problem with De Goeij's measurements? He had to

find out where the carbon was going to back up his measurements and publishes his discovery that sponges have one of the fastest cell division rates ever measured, and instead of growing they discard the cells. Essentially, the sponges recycle carbon that would otherwise be lost to the reef. De Goeij publishes his discovery on November 13 2009 in *The Journal of Experimental Biology*.

Travelling to the Dutch Antilles with his student, Anna De Kluijver, De Goeij started SCUBA diving with the sponges to find out how much carbon they consume. 'It is quite dark and technically difficult to work in the cavities,' explains De Goeij, but the duo collected sponges, placed them in small chambers and exposed the sponges to 5-bromo-2'-deoxyuridine

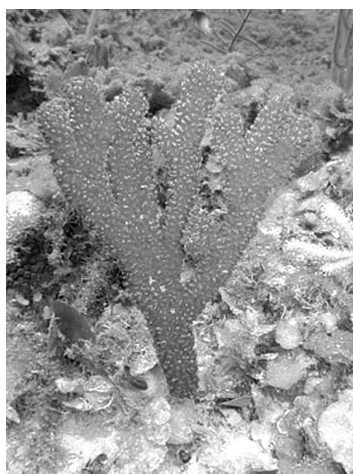


(BrdU). 'The BrdU is only incorporated into the DNA of dividing cells,' explains De Goeij, so cells that carry the BrdU label must be dividing, or have divided, since the molecule was added to the sponge's water, and cells can only divide if they are taking up carbon. But when De Goeij returned to the Netherlands



with his samples, he had problems finding the elusive label.

Discussing the BrdU detection problem with his father, biochemist Anton De Goeij, De Goeij Senior offered to introduce his son to Bert Schutte in Maastricht, who had developed a BrdU detection system for use in cancer therapy. Maybe he could help De Goeij Junior



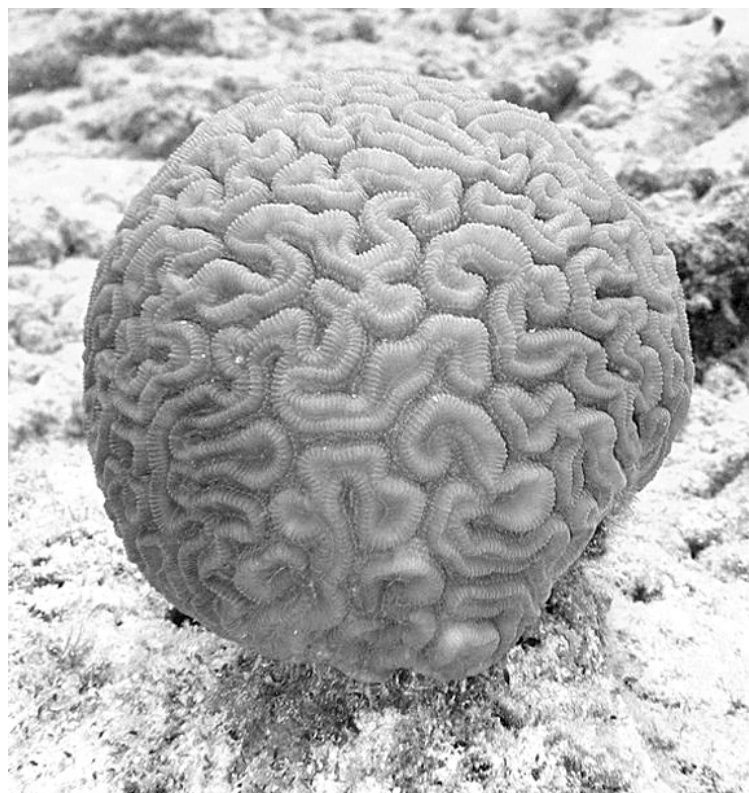
find evidence of cell division in his sponges.

Taking his samples to Jack Cleutjens's Maastricht Pathology laboratory, De Goeij was finally able to detect the BrdU label in his sponge cells. Amazingly, half of the sponge's choanocyte (filtration) cells had divided and the choanocyte's cell division cycle was a phenomenally short 5.4 hours. 'That is quicker than most bacteria divide,' exclaims De Goeij.

The sponge was able to take up the colossal amounts of organic carbon that De Goeij had measured, but where was the carbon going: the sponges weren't growing. De Goeij tested to see if the cells were dying and being lost, but he couldn't find any evidence of cell death.

Presenting his results to the Maastricht Pathology Department, someone said

'Let's look at this like a human intestine, then you should see shedding where old cells detach from the epithelia'. De Goeij knew that he had seen some loose cells, and thought that they were artefacts from cutting the samples, but when he and his Pathology Department colleagues went back and looked at the samples, De Goeij realised that choanocytes were shedding all over the place. And then De Goeij remembered the tiny piles of brown material he found next to the sponges in the aquarium every morning. The sponges were shedding the newly divided cells, which other reef residents could now consume. '*Halisarca caerulea* is the great recycler of energy for the reef by turning over energy that nobody else can use [dissolved organic carbon] into energy that everyone can use [discarded choanocytes],' explains De Goeij.





**BUSINESS**

Aruba TODAY

**Earnings reports push stocks higher after slide**By SARA LEPRO  
and TIM PARADIS,  
AP Business Writers

NEW YORK — Investors pushed back into the stock market a day after a slide as earnings reports boosted confidence about the pace of a recovery in the economy.

Major stock indicators advanced about 1 percent, including the Dow Jones industrial average, which rose 100 points after dropping 94 on Thursday.

Reports from The Walt Disney Co. as well as retailers Abercrombie & Fitch Co. and J.C. Penney Co. offset worries Friday about a disappointing consumer confidence report and an increase in the nation's trade deficit that was bigger than forecast.

Disney said late Thursday that improved revenue at its cable, broadcast and movie studio

units helped produce an 18 percent increase in its fiscal fourth-quarter profit.

Abercrombie's results were better than expected, while J.C. Penney raised its profit and sales forecasts.

The news helped investors set aside some worry about an 18.2 percent increase in the trade deficit in September. The \$36.5 billion deficit was the largest since January and more than the \$31.7 billion imbalance economists had expected.

The wider deficit was driven by a big rise in imports, led by a jump in oil shipments. That overwhelmed a fifth consecutive increase in exports. Exports are expected to continue to rise as the dollar continues to weaken, which makes U.S. exports less expensive to overseas buyers. The market briefly stumbled

after consumer confidence fell. The preliminary Reuters/University of Michigan consumer sentiment index for November came in at 66.0, down from 70.6 in October. That made investors nervous that cautious consumers wouldn't step up spending at the holidays.

Meanwhile, the dollar resumed to slump against other currencies. The dollar's steady decline since March, due largely to record-low U.S. interest rates, has encouraged investors to move money out of dollars and into higher-yielding assets like stocks and commodities.

Lawrence Creatura, equity market strategist and portfolio manager at Federated Clover Capital Advisors, said investors were able to look past the consumer confidence figure and instead focused on



**Rick Dreiling, center, Chairman and CEO of Dollar General smiles as the stock lists for trading at the New York Stock Exchange and starts trading under the symbol DG Friday, Nov. 13, 2009.**

(AP Photo/David Karp)

earnings reports from retailers because they are a more reliable indicator about the economy.

"It's probably safe to say that investors are rationally more focused on what consumers do rather than what they say," he said. In early afternoon trading, the Dow rose 100.97, or 1 percent, to 10,298.44. The Dow's drop Thursday broke a six-day winning streak, as oil prices tumbled on fresh signs of weak energy demand and a stronger dollar.

The broader Standard & Poor's 500 index rose 9.24, or 0.9 percent, to 1,096.48. The Nasdaq composite index rose 21.14, or 1 percent, to 2,170.16.

The ICE Futures US dollar index, which measures the dollar against other currencies, fell 0.6 percent after rising the past two days.

Gold rose, while oil fell 12 cents to \$76.82 a barrel on the New York Mercantile Exchange.

Doug Roberts, chief investment strategist at ChannelCapitalResearch.com, said investors are cautious about putting more money in stocks after the steep gains in the past eight months.

"The market is trying to figure

out where it wants to go," he said.

The S&P 500 index has jumped 60.7 percent in the past eight months from a 12-year low. Disney rose \$1.21, or 4.2 percent, to \$30.26 after posting its results.

Abercrombie said its third-quarter profit fell 39 percent on an ongoing slump in sales. But results from the teen retailer were better than analysts had expected. It rose \$3.28, or 8.9 percent, to \$40.04.

J.C. Penney said its net income dropped 78 percent during the third quarter on a big pension-related expense. Sales at stores open at least a year, a key gauge for retailers, slid 4.6 percent. But the company boosted its profit and sales outlook. It gained \$2.40, or 8.2 percent, to \$31.79.

Bonds were mixed. The yield on the 10-year note, which moves opposite its price, slipped to 3.44 percent from 3.45 percent late Thursday. The government wrapped up \$81 billion in bond auctions for the week on Thursday.

Four stocks rose for every one that fell on the New York Stock Exchange, where volume came to 503.6 million shares compared with 523.6 million shares traded at the same point Thursday. □

**Deficit doubles for government pension insurer**By DANIEL WAGNER,  
AP Business Writer

WASHINGTON — The government-chartered company that insures the pensions of one in seven Americans said Friday that its deficit this year nearly doubled to \$22 billion.

That's an improvement over the Pension Benefit Guarantee Corp.'s midyear record deficit of \$33.5 billion, which spiked as auto makers and other companies faltered and caused the insurance fund's liabilities to spike.

But experts say the long-term picture is grim. They say that without major changes, such as higher insurance premiums and less risky investments, the fund eventually will require a taxpayer bailout.

"Whatever the (deficit) number is, the real issue is that they have a major structural problem that is just going to get worse over time," said Douglas Elliott, a fellow at the Brookings Institution who has studied the PBGC for years.

The PBGC's finances have been battered by the weak economy, which put it on the hook for 144 new pension plans that failed during the year ended Sept. 30. That compares with 67 in the previous year.

Low interest rates added to the sea of red ink, because the PBGC can't count on inflation driving down the value of future payouts. It

also faced losses on stock investments made by investment advisers and by the pension funds it's taken over — though the recent market rally has helped the corporation net an investment return of 13.2 percent for the year.

The PBGC is responsible for the benefits of 1.5 million Americans. It sends checks each month to 740,000 pensioners. It is funded entirely by fees on the companies whose pensions it insures.

But Congress sets those fees, and it's been reluctant to raise them in the face of opposition from business and labor groups. Because the fund isn't expected to run out for a decade or more, there is little impetus to raise rates.

That has led to growing shortfalls. The PBGC has been in the red for 29 years in its 35 years of operation. The fund still has plenty of money to operate now. But unless pension funds adopt less risky investment strategies or Congress raises insurance premiums, it eventually will run out of money to pay the pensioners it supports.

That would force Congress to choose between bailing out the fund and depriving more than a million people, many of them elderly, of a key income source. Experts say an eventual bailout is almost inevitable.

"The only loser in all this is the taxpayer," Elliott said.



# Calvin Klein's Whitewashed Spring 2010



**Simone Goller**

New York – Basic American sportswear is what spring is all about this season at Calvin Klein, as a crisp collection of whites and natural tones created a casual vibe at the spring 2010 presentation on Tuesday, Nov. 10 in New York.

The womenswear collection was sexy and functional, with an assortment of khaki dresses, some belted for shape with others more loose and free falling, and sure to be accessorized with the some of the hot colored bags and shoes

of the season. Tie-dye dresses made the perfect transition from day to night and debuted as a wardrobe staple.

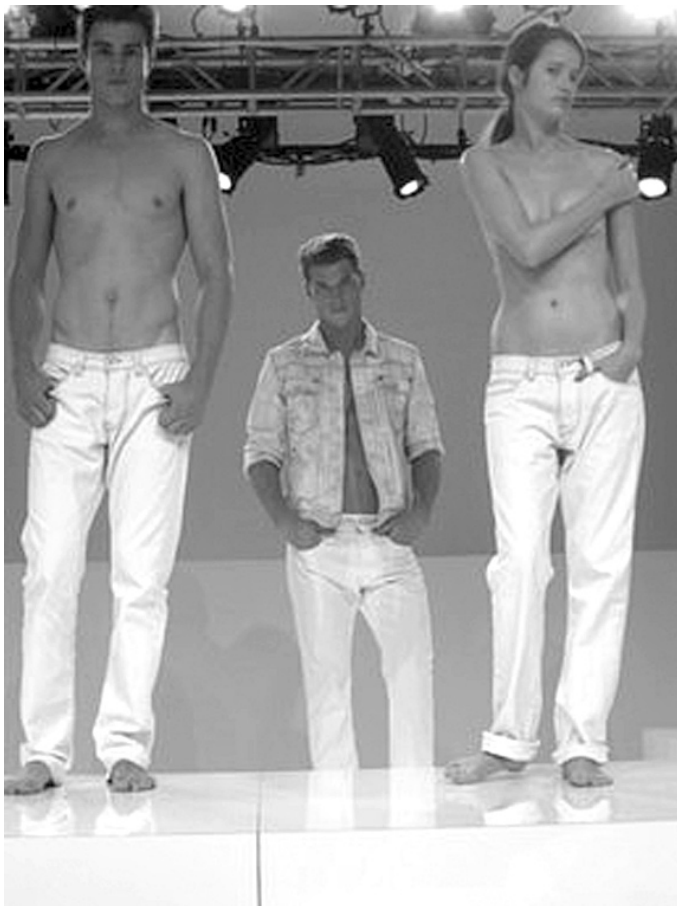
Denim for spring 2010 is channeling the 80s era in fashion with wash and style, as whitewashed jeans are what's in store.

Shades of white, ozone, and cloud are designed for men and women for a more contoured and shape enhancing fit, featuring straight leg for men, and classic skinny or boyfriend cut for women. Adorning ankle zippers and rivets add a taste of detail that goes a long

way.

The successful bleached out look is not limited to jeans, but essentially formed the core of this springs sportswear looks, with everything worn with clean white oxfords. It was washed out warm khakis and cool grey suits for men, while women's whites were plunging, giving just the right amount of skin and coverage simultaneously.

In pictures: Models present designs from the Calvin Klein Spring 2010 Sportswear collection in New York on Tuesday, Nov. 10, 2009





# Study: Man-eating lions consumed 35 people in 1898

By RANDOLPH E. SCHMID,  
AP Science Writer

WASHINGTON — The nightly attacks by two man-eating lions terrified railway workers and brought construction to a halt in one of east Africa's most notorious onslaughts more than a hundred years ago. But the death toll, scientists now say, wasn't as high as previously thought.

Over nine months the two voracious hunters claimed 35 lives — no small figure, but much less than some accounts of as many as 135 victims.

It was 1898, when laborers from India and local natives building the Uganda Railroad across Kenya became the prey for the pair, a case that has been the subject of numerous accounts and at least three movies.

The death toll had been estimated at 28 railway workers and "scores of unfortunate African natives," with the total ranging as high as 135. Delay of the railroad was even subject to debate in Britain's House of Commons. Scientists hoping to figure out the actual number of people eaten decided to study the remains of the two male lions, now on display at the Field Museum of Natural History in Chicago, testing the types of carbon and nitrogen in their teeth and hair.

Those chemical ratios were compared with the carbon and nitrogen found in modern lions in the region, in lions' normal prey animals and in humans. Bones and teeth store carbon and nitrogen isotopes over long periods, while the ratios in hair change more rapidly, allowing the scientists to

determine the long-term diet and how it changed in the lions' last months.

Humans made up at least half of the diet of one of the lions in the last months of his life, consuming at least 24 people, they concluded. The other lion had eaten 11 people, they found.

In other words, even a century later, you are what you eat.

Researchers led by anthropologist Nathaniel J. Dominy and Justin D. Yeakel of the University of California, Santa Cruz, report in Tuesday's edition of Proceedings of the National Academy of Sciences.

They noted that estimates of the death toll reported at the time ranged from 28 reported by the Ugandan Railway Company, to 135, claimed by Lt. Col. John H. Patterson, a British officer who killed the lions in December, 1898.

The researchers did note that their study covers only the number of people eaten, while the number killed may have been higher. They said the death toll may have been as high as 75.

The killings occurred at a time when drought and disease sharply reduced the number of grazing animals that are the normal food for the lions, the report added, while at the same time construction of the railway brought an increased number of people into the area.

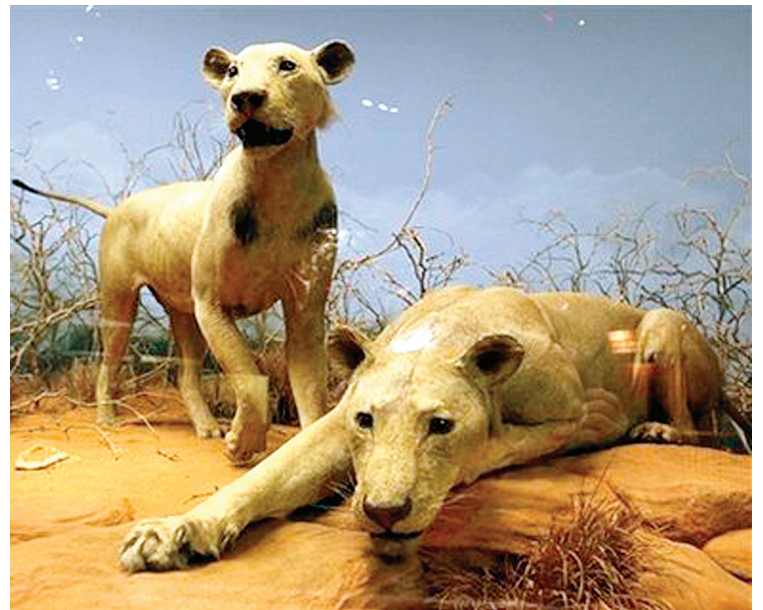
In addition, the researchers said the two lions seem to have cooperated in their hunting efforts. That's not unusual when they are after large prey like buffalo and zebra, but isn't necessary

when after something smaller, like people.

However, one of the lions had severe dental problems and a jaw injury, probably limiting his ability to hunt, they reported. So the two may have worked together, with one eating more people and the other concentrating more heavily on other prey, but also eating humans.

"These findings underscore the complexity of what lions are capable of doing, and the complex interplay of costs and benefits that determine the size of their coalitions," Dominy said in a statement.

The research was funded by the Earthwatch Institute, the David and Lucille Packard Foundation and the UC-Santa Cruz Committee on Research.



Two world renowned man-eating Tsavo lions are seen stuffed and on display at Chicago's Field Museum of Natural History Monday, Nov. 2, 2009. Scientists have determined that the two lions probably ate about 35 Kenyans over a nine month period in 1898 and not the 135 they've long been credited with devouring. Their killing spree inspired the 1996 movie 'The Ghost and the Darkness.'

(AP Photo/Charles Rex Arbogast)

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"fresh seafood" really mean. What Herby catches will be served in his restaurant on

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**PALM BEACH** - The health and calorie conscious among us need fear steakhouses no more. Whether it's a low-carb, low-fat, or even vegetarian diet you follow, Texas de Brazil Churrascaria fits into just about every dieter's menu plan.

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The Brazilian-style steakhouse also offers a garden full of healthy eats on a lavish 40-item seasonal salad bar, giving dieters plenty to choose from to accompany the

slow-roasted meats. A selection of fresh lettuces and vegetables may be standard for most salad bars, but **Texas de Brazil's** version goes a gourmet twist further, treating the palate to additional items like marinated portabella mushrooms, sweet roasted bell peppers, hearts of palm, sundried tomatoes, imported cheeses—including fresh buffalo mozzarella—sushi, home-made soups, and much more.

The salad bar is included in the continuous service meal with unlimited choices from the grilled meats, but for vegetarians or the non-meat eaters, a special price is offered for just the salad bar. Of course, for those looking to splurge while on vacation, **Texas de Brazil** will gladly serve their garlic mashed potatoes, traditional fried plantains, and their world-famous parmesan cheese bread as part of the meal.

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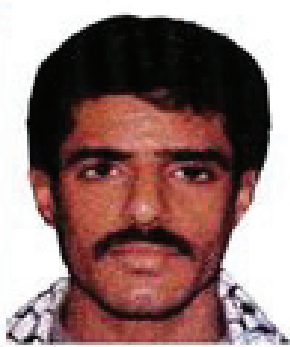
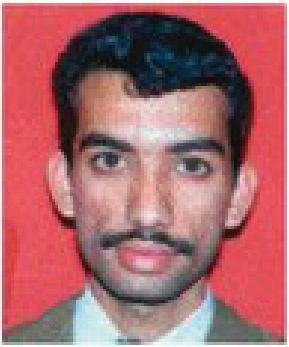
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For more information or to make reservations, please call 586-4686. ☐





## Execution likely to be asked for Sept. 11 suspects



Attorney General Eric Holder speaks during a news conference at the Justice Department in Washington Friday, Nov. 13, 2009.

**DEVLIN BARRETT**

**Associated Press Writer**

WASHINGTON (AP) — Self-proclaimed Sept. 11 mastermind Khalid Sheikh Mohammed and four other Guantanamo Bay detainees will be brought to trial in a civilian U.S. courthouse in New York, near the site of the devastating 2001 terror attacks. Prosecutors expect to seek the death penalty.

Attorney General Eric Holder

announced the long-awaited and politically fraught decision at a news conference Friday. He also said five other Guantanamo detainees, including a major suspect in the bombing of the USS Cole warship, Abd al-Rahim al-Nashiri, will be tried through the military commission process.

Holder said the Sept. 11 defendants should be tried where their crimes occurred.

Nearly 3,000 people died when the World Trade Center towers were brought down by two hijacked jetliners, another hijacked jet hit the Pentagon and a fourth crashed in the state of Pennsylvania.

"After eight years of delay, those allegedly responsible for the attacks of September the 11th will finally face justice," Holder said.

"They will be brought to New York — to New York

— to answer for their alleged crimes in a courthouse just blocks away from where the twin towers once stood."

Bringing such notorious suspects to U.S. soil to face trial is a key step in President Barack Obama's plan to close the terror suspect detention center at Guantanamo Bay, Cuba. Obama initially planned to close the prison by Jan. 22, but the administration is no longer expected to meet that

deadline.

"For over 200 years our nation has relied upon a faithful adherence to the rule of law," Holder said. "Once again, we will ask our legal system in two venues to answer that call."

The plan that Holder outlined is a major legal and political test of Obama's overall approach to terrorism. If the case suffers legal setbacks, the administration will face second-guessing from those who never wanted it in a civilian courtroom.

And if lawmakers get upset about terrorists being brought to their home regions, they may fight back against other parts of Obama's agenda.

Early reaction was divided along political lines.

*Continued on Next Page*

## Ex-congressman gets 13 years in freezer cash case

**MATTHEW BARAKAT**

**Associated Press Writer**

ALEXANDRIA, Virginia (AP) — A former Louisiana congressman who famously hid \$90,000 cash in his freezer was sentenced Friday to 13 years in prison for taking bribes, the longest term ever imposed on a congressman for bribery charges.

William Jefferson, a Democrat who represented parts of New Orleans for nearly 20 years, was convicted in August of taking roughly \$500,000 in bribes and seeking millions more in exchange for using his influence to broker business deals in Africa.

The sentence, while severe, was still far less than the nearly 30 years prosecutors had sought.

Agents investigating the case found \$90,000 wrapped in foil and hidden in boxes of frozen pie crusts in his freezer.

Prosecutors had asked a judge to follow federal guidelines and sentence him to at least 27 years, though the judge determined Friday that the sentencing guidelines should have been calculated at 22 years instead of 27. The defense asked for less than 10 years, arguing a stiffer sentence would be far longer than those imposed on congressmen convicted of similar crimes in recent years, none of whom was sentenced to more than a decade.

Prosecutor Mark Lytle said that, had Jefferson's schemes come to full fruition, he stood to reap hundreds of millions of dollars in 11 separate bribery schemes.

"His activity represented the most extensive and pervasive pattern of corruption in the history of Congress," Lytle said.

Trout said that while his client

acknowledged a level of responsibility for his conduct, he also believed that he was operating within the law. And he urged the judge to consider the fact that Jefferson lifted himself up from poverty to become the first African-American to represent Louisiana in Congress since Reconstruction.

"He has led an extraordinary life," Trout said.

U.S. District Judge T.S. Ellis III said he did take Jefferson's life history into account but that public corruption must be dealt with severely.

"Public corruption is a cancer on the body politic," said Ellis, who lamented that so many other congressmen have been convicted on similar charges. "There must be some sort of greed virus that attacks those in power."

Jefferson said nothing in court after he was sentenced



Former Democratic Louisiana Congressman William Jefferson, left, enters U.S. District Court in Alexandria, Va. on Friday, Nov. 13, 2009 for sentencing in his bribery case accompanied by his wife Andrea Jefferson. Jefferson was convicted on charges including bribery and racketeering. Prosecutors said he took in nearly half a million dollars in exchange for using his influence to broker business deals in Africa.

*Associated Press*

— his lawyer Robert Trout said he advised Jefferson not to speak because Jefferson is challenging his conviction in appellate court.

When sentenced, the laconic Jefferson showed no visible reaction to the verdict, nor did his wife and five adult daughters who attended the hearing.

Two of the jurors who convicted Jefferson attended the hearing

as well, one of whom fought back tears throughout the three-hour hearing. Both declined comment.

Jefferson was allowed to remain free pending a hearing next week.

Prosecutors want him to begin serving his sentence immediately, while the defense wants Jefferson to remain free while he appeals his conviction. □





Attorney General Eric Holder speaks during a news conference at the Justice Department in Washington Friday, Nov. 13, 2009.

*Associated Press*

**SEPT. 11**

*Continued from Page B1*

Senate Republican leader Mitch McConnell said bringing the terrorism suspects into the U.S. “is a step backwards for the security of our country and puts Americans unnecessarily at risk.”

Republican Sen. Jon Kyl said bringing Mohammed to New York for trial also could result in the disclosure of classified information. Kyl maintained that the trial of

Omar Abdel Rahman, the so-called “blind sheik” who was tried for a plot against some two-dozen New York City landmarks, caused “valuable information about U.S. intelligence sources and methods” to be revealed to the al-Qaida terrorist network.

Former President George W. Bush’s last attorney general, Michael Mukasey, a former federal judge in New York, also objected: “The Justice Department claims that our

courts are well suited to the task. Based on my experience trying such cases and what I saw as attorney general, they aren’t.”

But Senate Judiciary Committee chairman Patrick Leahy, a Democrat, said the federal courts are capable of trying high-profile terrorists. “By trying them in our federal courts, we demonstrate to the world that the most powerful nation on earth also trusts its judicial system — a system respected around the world,” Leahy said.

Some family members of Sept. 11 victims were angered by the decision.

“We have a president who doesn’t know we’re at war,” said Debra Burlingame, whose brother, Charles Burlingame, had been the pilot of the hijacked plane that crashed into the Pentagon. She said she was sickened by “the prospect of these barbarians being turned into victims by their attorneys,” if the trial winds up focusing on

allegations that the suspects were tortured after their capture.

Some Sept. 11 families have supported the move toward public trials, saying they want to see justice done openly.

“If we claim to be a country that believes in the rule of law, then we need to behave that way ourselves,” said John Leinung, the stepfather of Paul J. Battaglia, who died in the collapse of the twin towers.

“Sept. 11 families are like any other group of people,” said Leinung.

“There are going to be people with different outlooks, but there are a significant number of us who believe that the federal courts were the proper way to do this.”

The New York case may force the court system to confront a host of difficult legal issues surrounding counterterrorism programs begun after the 2001 attacks, including the harsh interrogation techniques once used on

some of the suspects while in CIA custody. The most severe method — waterboarding, or simulated drowning — was used on Mohammed 183 times in 2003, before the practice was banned.

The five suspects are headed to New York together because they are all accused of conspiring in the 2001 attacks. The five headed to military commissions face a variety of charges but many of them include attacks specifically against the U.S. military.

Holder said no decision had been made on where commission-bound detainees like al-Nashiri might be sent. A military prison in the state of South Carolina has been high on the list of sites under consideration.

The actual transfer of the detainees from Guantanamo to New York is not expected to happen for many more weeks because formal charges have not been filed against most of them. □

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# Official pronounces U.S. border more secure now

SUZANNE GAMBOA

Associated Press Writer

WASHINGTON (AP) — The Obama administration has met many of the border security benchmarks Congress set in 2007 as a prerequisite to immigration reform and now it is time to change the law, Homeland Security Secretary Janet Napolitano said Friday. Napolitano, designated by President Barack Obama to lead the administration's immigration reform efforts, said many members of Congress had said they could support immigration reform, but only after border security improved, Napolitano said. "Fast forward to today, and many of the benchmarks these members of Congress set in 2007 have been met," she said in a speech to the Center for American Progress, a liberal think tank.

She cited construction of 600 miles of border fence and the hiring of more than 20,000 Border Patrol agents. Illegal immigration has also fallen sharply because of better enforcement and the economy.

"I've been dealing hands-on with immigration issues since 1993, so trust me: I know a major shift when I see one, and what I have seen makes reform far more attainable this time around," Napolitano said.

Congress passed tough immigration enforcement legislation in 2006 that called for building 700 miles of border fences and barriers. Immigration critics have said the fence has not been built with double layers as the law required and is not all fencing.

"How can they claim that enforcement is 'done' when there are more than 400 open

miles of border with Mexico, hundreds of thousands of criminal and fugitive aliens and millions of illegal immigrants taking American jobs?" said Rep. Lamar Smith, the top Republican on the House of Representatives Judiciary Committee, which oversees immigration and border issues.

Napolitano said the immigration and border security improvements are not enough. "The laws themselves need to be reformed," she said. Obama has repeatedly said immigration reform is a priority, although it has been pushed further down the list as he has taken on the economy and health care reform.

Sen. Charles Schumer, a top Democrat, has said he would introduce legislation by early next year. Sen. Bob Menendez, who heads the



Homeland Security Secretary Janet Napolitano delivers remarks on the Obama administration's efforts to reform the U.S. immigration system, Friday, Nov. 13, 2009, at the Center for American Progress in Washington.

Associated Press

Senate Democrats' campaign reform must be done by up until after the November March or it will not be taken 2010 elections. □

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# Obama wants U.S. domestic spending cuts in budget



President Barack Obama speaks during a joint news conference with Japanese Prime Minister Yukio Hatoyama, not pictured, at Kantei, the official residence of the Japanese prime minister, in Tokyo, Friday, Nov. 13, 2009.

Associated Press

ANDREW TAYLOR  
TOM RAUM

Associated Press Writers

WASHINGTON (AP) — The Obama administration, mindful of public anxiety over the U.S. government's mushrooming debt, is shifting emphasis from big-spending policies to deficit reduction. Domestic agencies have been told to brace for a spending freeze or cuts of up to 5 percent as part of a midterm election-year push to rein in record budget shortfalls. Yet with the economy still in distress and unemployment pushing past 10 percent, prospects for making a dent in a trillion-dollar-plus annual

deficit seem slight. And since the Pentagon and Department of Veterans Affairs would likely be shielded from such cuts, overtures toward trimming the deficit may hold more symbolic value than substance. The deficit-cutting drive comes as President Barack Obama traveled to Asia where several nations, especially China, have expressed concerns about the size of U.S. deficits. China is the largest foreign holder of U.S. debt and policymakers worry that alarm over deficits could push foreigners into cutting back on their purchases of Treasury securities. Obama is expected to make

post-recession spending restraint a key theme of his State of the Union address in January and an important element of the budget he submits to Congress a few weeks later. He is under increasing pressure, including from moderate and conservative members of his own party, to show he is serious about tackling a deficit that has become both an economic and political liability.

Not since billionaire Ross Perot made budget-balancing the centerpiece of his 1992 third-party presidential bid has so much public concern been voiced over the gulf between what the government spends and what it takes in.

White House budget director Peter Orszag on Friday told The Associated Press it is imperative to start curbing the flow of red ink. But he called it a balancing act and said acting too fast could undercut what appears to be a fledgling economic recovery.

Orszag has said the spending blueprint, for the budget year that begins Oct. 1, 2010, would put the U.S. "back on a fiscally sustainable path" and suggested it would include a mix of spending cuts and new revenue-producing measures. Democratic officials in the White House and in Congress say options for locking in

budget savings include caps on the amount of money Congress gets to distribute each year for agency operating budgets. They spoke on condition of anonymity to frankly discuss internal deliberations.

The White House told agencies to submit spending plans that would, at the very least, freeze their budgets, and to prepare for cuts as high as 5 percent. That edict is but one round in internal administration deliberations on the budget. Cabinet heads are sure to seek exemptions, and Orszag warned that firm budget decisions haven't been made.

The administration also is weighing committing to debt reduction any unspent funds from the \$700 billion bank bailout program. However, such a move would be largely a bookkeeping shift and not likely to yield much in the way of deficit reduction.

The new emphasis at the White House on deficit-reduction follows last month's report showing the economy surged at a 3.5 percent annual pace in the July-September quarter after contracting for four consecutive quarters. That suggested the recession is likely over — even though job losses are expected to continue for some time.

Congress will soon vote on legislation to raise the debt ceiling — the limit on how

much the government can borrow — above the present \$12.1 trillion. On Friday, the nation's overall debt stood at \$11.99 trillion. Some fiscally conservative lawmakers have said they would not vote for further increases in the debt ceiling until the administration took deficit-cutting steps. The national debt is the accumulation of annual budget deficits. The deficit for the 2009 budget year, which ended on Sept. 30, set an all-time record in dollar terms at \$1.42 trillion.

The flow of red ink has been increased by war spending for Iraq and Afghanistan, recession-fighting stimulus and bank bailout spending and by reduced tax revenues from high unemployment and reduced personal and business income. Polls show rising public concern over deficits. Exit polls from elections earlier this month showed clear majorities of Virginia and New Jersey voters said they were worried about the direction of the U.S. economy. In both states, Republicans won gubernatorial seats that had been held by Democrats. Republicans are seeking to capitalize on this month's Democratic election setbacks and rising voter concerns over the burst in federal spending. House Minority Leader John Boehner said the Democrats' "so-called 'war on deficits' comes about a year late and more than a trillion dollars short." "Spending in Washington has been out of control for years, and instead of changing it as they promised they would, Speaker Nancy Pelosi and President Obama have stepped on the accelerator," Boehner said in a statement.

Pollster Andrew Kohut, director of the Pew Research Center, said increasingly "the percentage of people naming the Pollster Andrew Kohut, director of the Pew Research Center, said increasingly "the percentage of people naming the deficit as a problem is pretty substantial." "It may be approaching the level of concern we had in the early 1990s when Ross Perot rode that horse for quite some time politically," Kohut said.



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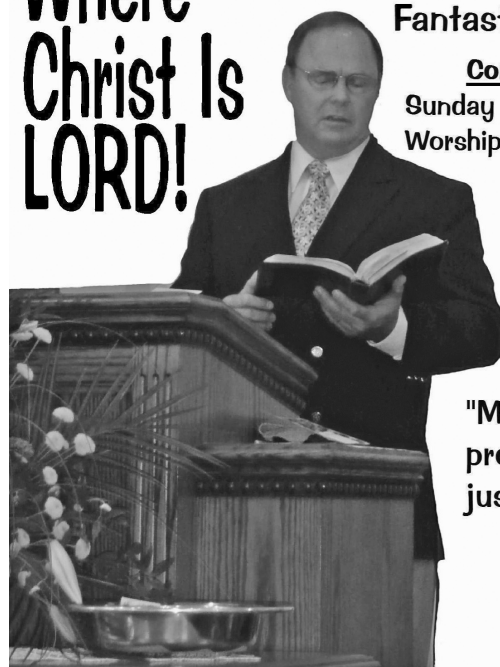
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# U.S. evangelist gets 175 years for sex crimes

JON GAMBRELL,

Associated Press Writer

TEXARKANA, Arkansas (AP) — Evangelist Tony Alamo was sentenced Friday to 175 years in prison for taking underage girls across state lines for sex, effectively punishing him for the rest of his life for molesting children he took as “brides” in his ministry.

During Friday’s hearing, some of Alamo’s victims testified about how their families were destroyed while the evangelist took over their lives.

Alamo, 75, had been convicted in July on a 10-count federal indictment. U.S. District Judge Harry F. Barnes said Alamo used his status as father figure and pastor and threatened and threatened the girls with “the loss of their salvation.”

“Mr. Alamo, one day you will face a higher a greater judge than me, may he have mercy on your soul,” Barnes said.

Just before Barnes sentenced Alamo, the evangelist offered a brief statement to the court praising God then later adding:

“I’m glad I’m me and not the deceived people in the world.”

Alamo’s lawyers said they planned to appeal Barnes’ ruling. His defense offered a doctor who said he suffered from hardening arteries, diabetes, glaucoma and other health problems. However on cross-examination the doctor acknowledged he saw Alamo only once in 2004 and that the purpose of Alamo’s visit was to get an eye lift to make him appear younger.

The evangelist will stay in Texarkana pending a Jan. 13 hearing in which Barnes will decide whether

Alamo’s victims will get restitution from him. After that hearing, Barnes said Alamo would go to a federal prison that has hospital facilities.

A woman Alamo took as a child “bride” at age 8 challenged the evangelist from the witness stand Friday to submit himself to God’s judgment. Reading from lined notebook paper, she said Alamo tore her family apart by taking her as a child bride and described how she shook uncontrollably when he first molested her.

“You preyed on innocent children,” she said staring down Alamo, who wore yellow prison scrubs and a windbreaker for the hearing.

“You have the audacity to ask for mercy. What mercy did you show us?” she said.

A moment later she asked, “What kind of man of God does what you have done?” The woman told Barnes that she planned to become an FBI agent in order to help other child sex abuse victims.

Two other child brides testified. One, who said she is now employed full-time

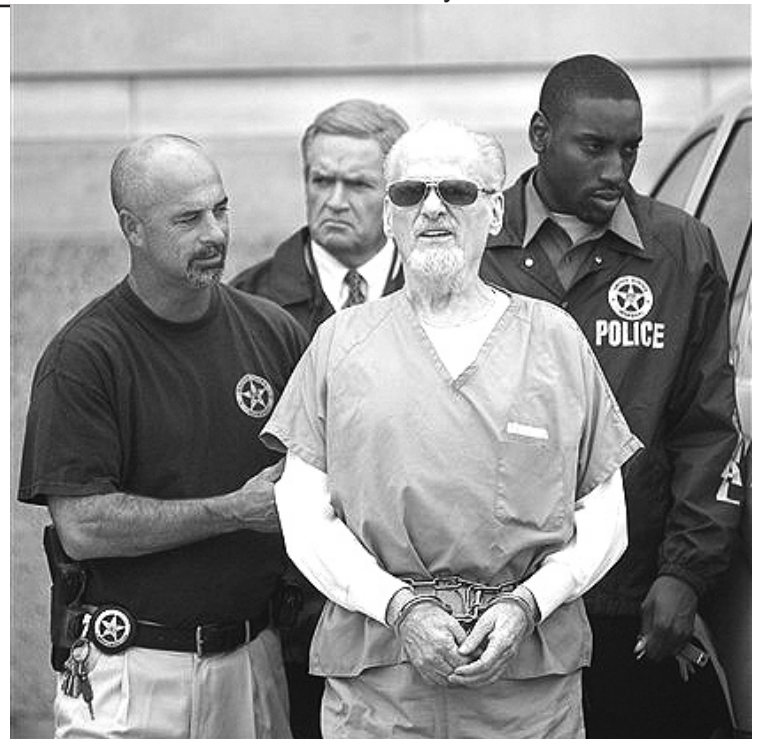
and has a life of her own outside of the ministry, said she hoped Alamo would spend the rest of his life in jail.

“Maybe the real God, not the God you made up, will have mercy on your soul,” the woman said.

Barnes said there was ample evidence that Alamo engaged in a pattern of molesting younger and younger girls in his ministry.

Alamo accused his victims of lying, as he has done throughout his prosecution. “There’s no question he’s done a lot of good,” said Don Ervin, a Houston lawyer who led Alamo’s defense, outlining the church’s efforts to reach the poor.

“He’s an unusual man and an unusually great man.” Assistant U.S. Attorney Kyra Jenner said after the hearing that prosecutors would work with the federal prison system to ensure Alamo can’t control his ministry and its many businesses from behind bars. At trial, one of the victims described how Alamo “married” and groped her during a prison visit. □



FILE - In this Tuesday, July 14, 2009 file photo, Evangelist Tony Alamo, center is led from the federal courthouse in downtown Texarkana Ark. The aging preacher, 75, faces up to a 175-year sentence from U.S. District Judge Harry F. Barnes when he returns to a Texarkana, Ark., federal courtroom on Friday Nov. 13. A jury convicted him in July of 10 counts of taking underage girls as young as 8 across state lines for sex.

Associated Press



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# Suicide attack on spy agency in Pakistan kills 10



A view of destruction after a suicide bombing in Peshawar, Pakistan on Friday, Nov. 13, 2009. A suicide car bomb devastated Pakistan's main spy agency building in the northwest Friday, killing at least 7 people and striking at the heart of the institution overseeing much of the country's anti-terror campaign.

Associated Press

CHRIS BRUMMITT  
Associated Press Writer  
ISLAMABAD (AP) —

A suicide attack on the  
northwestern headquarters  
of Pakistan's spy agency

showed how militants have turned against an institution that once nurtured them and marked an escalation in their war against the U.S.-backed government.

The truck bombing Friday was the second this year against offices of the intelligence agency, which has helped the CIA track down and arrest many al-Qaida suspects since 2001 but is still suspected by some Western officials of sympathizing with extremists, especially those fighting across the border in Afghanistan.

The early morning attack killed 10 people and devastated much of the complex in Peshawar city, which has been hit by many of the near-daily strikes in recent weeks by insurgents avenging an army offensive against their stronghold along the nearby frontier with Afghanistan. Another 55 people were wounded.

About an hour later, a second suicide car bomber attacked a police station farther south, killing six people, said police official Tahir Shah. Five of the dead were policemen in Bakkakhel village in Bannu district; the other was a civilian.

"This is a guerrilla war," said Mian Iftikhar Hussain,

the information minister for North West Frontier Province, where Peshawar is the capital. "We will continue our action against these militant terrorists. That is the only way we can survive."

Pakistan's Inter-Services Intelligence agency was instrumental in helping to train jihadi groups to fight the Soviet Union in Afghanistan in the 1980s. Much of the activity took place in Peshawar, which lies at the entrance to the famed Khyber pass leading to Afghanistan.

It then trained and equipped thousands of young militants to use as proxies to fight its much larger neighbor India inside the disputed territory of Kashmir. The men were viewed as heroes by many in Pakistan. After the Sept. 11 attacks on the United States, the agency largely severed its links with the groups.

Since then, the militants have formed alliances with al-Qaida and now present one of the deadliest threats to the country.

"There is no doubt that when we supported the war against the Russians, we trained and created this monster," said Dr. Riffat Hussain, a professor of


Defense Studies at Quaid-e-Azam University in Islamabad. "We never had the idea that this monster would turn against us."

Terrorist attacks on security, civilian, government and Western targets have increased with a surge starting in October when it became clear the army was poised to move into South Waziristan. More than 300 people have been killed, including 112 in a market bombing in Peshawar at the end of the month.


Militants have also targeted convoys in Pakistan delivering supplies to soldiers in Afghanistan.

Attackers fired rockets at a group of tankers near the southwestern city of Quetta on Friday that were delivering fuel to U.S. and NATO troops. One driver was killed and five tankers were torched, said local police chief Bedar Ali Magsi.

About 80 percent of all nonessential supplies to Western forces in Afghanistan are trucked through Pakistan after landing at the Arabian Sea port of Karachi. NATO and U.S. officials say the attacks do not affect their operations. □



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	daily: 4:00 matinee: 1:30	6:30	late show:	<b>NEW</b>
R	<b>PRECIOUS</b>			
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R	<b>THE STEPFATHER</b>			
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PG	<b>THIS IS IT: MICHAEL JACKSON</b>			
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	daily: 4:30 matinee: 1:00	8:00	late show: 11:15	<b>NEW</b>
PG	<b>ASTRO BOY</b>			
	daily: 4:30 matinee: 12:00	2:15	late show:	
R	<b>LAW ABIDING CITIZEN</b>			
	daily: 9:15 matinee:	late show: 12:00		
PG	<b>THIS IS IT: MICHAEL JACKSON</b>			
	daily: 5:45 matinee: 12:45	8:15 3:15	late show: 11:00	
PG-13	<b>COUPLES RETREAT</b>			
	daily: 5:00 matinee: 12:00	7:30 2:30	10:00 late show: 12:15	
PG-13	<b>THE STEPFATHER</b>			
	daily: 9:15 matinee:	late show: 11:45		
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# Obama in Asia: Setting a newly cooperative tone

JENNIFER LOVEN,  
AP White House  
Correspondent

TOKYO (AP) — President Barack Obama is emphasizing cooperation on his first major trip to Asia, opening with a warning to North Korea that there will be tough, unified action by the U.S. and its Asian partners if the Koreans fail to abandon their nuclear weapons programs.

The hard line on North Korea was to be a prominent theme of a Friday night speech that also was intended to more broadly showcase a United States that, under Obama's leadership, seeks deeper and more equal engagement in Asia. It was to be the fifth major foreign address of Obama's 10-month presidency, this one geared toward setting a new tone for the sometimes-rocky U.S. relationship with the world's fastest-growing region. In the speech, to 1,500 prominent Japanese in a soaring concert hall in bustling downtown Tokyo, Obama planned to give his most extended remarks in some time on North Korea, said Ben Rhodes, a deputy national security adviser.

Previewing himself, Obama said after a meeting early Friday with Japanese Prime Minister Yukio Hatoyama that "it's absolutely vital" that North Korea — and Iran in the Middle East — bow to international demands that they give up nuclear weapons ambitions. The U.S., Japan, China, Russia and South Korea are partners in talks to persuade North Korea to give up the active nuclear weapons program it has in defiance of U.N. Security Council resolutions. Pyongyang is widely believed to have enough weapons-grade plutonium for a half-dozen nuclear bombs



U.S. President Barack Obama, left, attends a joint press conference with Japanese Prime Minister Yukio Hatoyama following their meeting at the prime minister's official residence in Tokyo, Japan, Friday, Nov. 13, 2009.

If the North Koreans comply with the demands, "then they can open the door to a better future," Obama said. "If not, we will remain united in implementing U.N. resolutions that are in place and ... helping to shape a strategy that meets our security needs and convinces Pyongyang to move in a better direction." Obama made Tokyo the venue for his speech, a symbolically important choice that displayed respect for Japan's long history as the U.S.' chief ally in Asia and one of the region's foremost democracies. The U.S.-Japan relationship is on newly delicate footing after a change in leadership in Tokyo that has the Japanese moving toward greater independence from Washington and closer ties with the rest of Asia.

The president's remarks came near the start of an

eight-day Asian trip that is presenting him with risks at every stop.

After Japan, Obama goes to Singapore, where he is to join a larger meeting that includes the leader of Myanmar's brutal regime, the first U.S. president to make such close contact. Then he flies to China, where relations with the U.S. are bedeviled by Beijing's growing economic and military might, as well as numerous issues including trade, currency, Taiwan, human rights and climate change. Obama ends his trip on an easier note in South Korea, an increasingly reliable U.S. ally.

Acknowledging Asia's growing power, Obama aides said the chief aim for the trip wasn't so much to bring home specific "deliverables" but to convincingly press the point that the U.S. very much is

in the Asian game.

At Hatoyama's side, Obama promised that Washington would work hard to strengthen established alliances, such as with Japan and South Korea, build on newer ones with nations like China and Indonesia, and increase its participation with Asian multilateral organizations. The involvement, the president said, is crucial to the issues "that matter most to our people," such as jobs, a cleaner environment and preventing dangerous weapons proliferation.

"I intend to make clear that the United States is a Pacific nation, and we will be deepening our engagement in this part of the world," the president said. "We have to understand that the future of the United States and Asia is inextricably linked."

America's relationships with Tokyo and Beijing

were warranting special attention in Obama's remarks. Hoping to balance the need to stress values such as human rights with worries about overly irritating China, Obama planned to mention "our commitment to the rights and freedoms that we believe all people should have" without bringing up Tibet, said adviser Rhodes. Tibetans, governed by China since communist troops took control there in 1951, say they want some form of autonomy to freely practice their culture and religion. China says Tibet has been part of its territory for four centuries. Obama has been criticized in some quarters for not standing up more openly to the Chinese on human rights, particularly concerning Tibet.

Several developments served to detract somewhat from Obama's hopes for a more purely Asia-centric message for his trip.

He delayed his arrival by a day because of last week's Fort Hood shootings, scrambling his Japan itinerary and drastically cutting his participation in a 21-nation summit of Asian-Pacific leaders in Singapore focused on trade. He also continued deliberations over how many more U.S. troops to send to Afghanistan, a decision that once was assumed would be behind him during his Asia travels but now is draining some of his time and considerable media attention.

Obama denied during the Hatoyama news conference that his administration has dithered dangerously over Afghanistan, saying he is bent on "getting this right" and finding a new start to the 8-year-war that is not an "open-ended commitment." □







Fire erupts at the arsenal near Ulyanovsk, 430 miles east of Moscow, Friday, Nov. 13, 2009, while ammunition was being destroyed at the arsenal near Ulyanovsk. Provincial governor Sergei Morozov said 35 people who were working at the facility were considered missing, the Interfax, RIA Novosti and ITAR-Tass news agencies reported, also saying 3,000 people were being evacuated.

*Associated Press*

STEVE GUTTERMAN, Associated Press Writer  
MOSCOW (AP) — Huge explosions and flames ripped through a Russian military arsenal for hours on Friday, killing two firefighters and sending personnel fleeing to a bomb shelter to wait out the worst of the firestorm, officials said.

The dozens who took refuge in the shelter were at first feared trapped in the conflagration, but later

emerged safe — dispelling initial worries of a high death toll. But a subsequent report said 11 others were unaccounted for.

Russian TV broadcast footage of orange flames and thick smoke clouds rising from the naval munitions facility in Ulyanovsk, a city 430 miles east of Moscow.

Frequent explosions set off firebursts high in the night sky. The blasts broke apartment windows near the facility and set off car

# Two killed as blasts rock Russian ammunition depot

alarms miles away, residents told Russian media.

“There was a loud bang, then there was silence and then explosions, explosions, explosions — like fireworks on New Year’s,” resident Igor Komandin told Channel One television.

The blasts and blaze erupted while ammunition was being destroyed at the facility, according to the Federal Security Service branch in the province. Artillery shells and other munitions were stored at the site, state-run Channel One reported.

Two firefighters were killed and seven military personnel were injured, Defense Ministry spokesman Alexei Kuznetsov said.

Some 3,000 civilians were evacuated from nearby homes, Ulyanovsk provincial governor Sergei Morozov said, according to Russian news agencies

Interfax, ITAR-Tass and RIA Novosti reported.

Both President Dmitry Medvedev and Prime Minister Vladimir Putin showed concern about the blasts. Medvedev directed the the military and emergency services to take “all the necessary measures” to deal with the emergency, the Kremlin said. Putin issued similar instructions, Interfax cited his spokesman Dmitry Peskov as saying.

Hours after the blasts and fire began, Morozov said more than 40 workers were safe. “These are precisely the people considered to be missing,” Morozov told Channel One by telephone. He had said earlier that 35 people were missing.

The 43 military personnel who took refuge in the bomb shelter emerged with the help of rescuers after firefighters “partially

localized” the blaze, the provincial government said on its Web site.

State-run RIA Novosti later cited governor’s aide Sergei Davydov as saying 11 civilians and military personnel were still unaccounted for, but that it was possible they were with relatives.

Morozov said the fire was out, but that isolated explosions continued late Friday, Interfax reported. It quoted the governor as saying six people remained hospitalized.

Several explosions and fires have occurred at munitions storage facilities in the former Soviet Union in recent years. There has been no indication of terrorism in the conflagrations.

Artillery shells and other ammunition at a storage facility west of Ukraine’s capital, Kiev, exploded when a forest fire got too close in August last year, and a fire and explosions at a munitions depot in southern Ukraine in 2004 killed five people. It took days to put the blaze out.

A fire at a Soviet-era military base in Kagan, Uzbekistan, spread to an ammunition depot in July 2008, igniting a series of explosions that killed three people and injured 21 others. □



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Photo by Diane Keijzer





# Chavez blames U.S. pact with Colombia for tensions

RACHEL JONES

Associated Press Writer

CARACAS, Venezuela (AP) — Venezuelan President Hugo Chavez lashed out at an agreement for American troops to use more Colombian military bases on Friday, accusing the U.S. of aiming to start a conflict and urging his military to be prepared. Chavez heightened his conflictive tone toward the U.S. and Colombia in a speech to more than 1,000 red-clad supporters, bellowing "Down with the Yankee empire!" He blamed Washington for Venezuela's tensions with Colombia, saying the deal giving U.S. troops expanded access to Colombian bases poses a major threat. He said U.S. troops will "plan war beneath our very noses." Chavez said he is not calling for war, but rather warning about a situation that could disturb the peace. He said the U.S.-Colombia base deal will facilitate U.S. military control in the region. Colombia has sought to

assuage Chavez's concerns, saying U.S. troops would be operating solely on Colombian soil to help its military combat drug trafficking and leftist rebels. U.S. officials say they have no aggressive intent against Venezuela. Long-standing tensions between Venezuela and Colombia have recently been exacerbated both by the base agreement and by shootings and slayings along their shared border. Chavez spoke to a supporters who marched through Caracas to protest the U.S.-Colombia agreement. Some held a banner reading, "We don't want Colombia to be the Israel of Latin America." One woman carried a sign picturing U.S. President Barack Obama beneath the words, "Imperialism with a mask of hope." Chavez likened the U.S. military to the fictional spy James Bond, saying: "We have 007 here, right here in our beloved Colombia." The fiery former paratroop commander already ordered



Venezuela's President Hugo Chavez speaks to supporters in front of a sign that reads in Spanish "Against the Yankee bases" and "for peace and sovereignty" at a rally in Caracas, Friday, Nov. 13, 2009. Chavez' supporters protested an agreement that allows the US to expand its military presence in Colombia.

Associated Press

his military last weekend to prepare for a possible conflict with Colombia in case the U.S. attempts to provoke one.

His opponents accuse Chavez of using the threat of war to turn the public's attention away from domestic problems

such as rampant crime and electricity and water rationing. They dismiss his talk of war as laughable. □

## PACQUIAO vs COTTO

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# SPORTS

## Aruba TODAY

# Pacquiao's task is to concentrate on fight

**TIM DAHLBERG**

**AP Boxing Writer**

**LAS VEGAS (AP)** — Manny Pacquiao spent long, hard weeks getting ready for one of the biggest nights of his life. Hundreds of hours sparring in sweltering gyms, nearly as many on morning runs through deserted streets. Not to mention all those nights rehearsing with the band. Many in boxing think Miguel Cotto will be Pacquiao's toughest challenge when they meet on Saturday in a highly anticipated welterweight fight for Cotto's WBO title. But after trading punches he has to please another kind of crowd when he takes the stage to sing with his band later that night down the Las Vegas Strip. His trainer would rather he concentrate on the immediate task at hand. But Freddie Roach understands by now that Pacquiao can't keep still in the ring or out. "I'm against the concert, of course," Roach said. "But he does a lot of stuff. He's multitasking all the time." The stuff includes everything from helping victims of the recent typhoon in the Philippines to starring in an action movie called



**Manny Pacquiao, left, of the Philippines, and Miguel Cotto, of Puerto Rico, shake hands after the weigh-in for their WBO boxing welterweight title fight Friday, Nov. 13, 2009 in Las Vegas.**

*Associated Press*

"Wapakman." The father of four — who named one of his daughters Queen Elizabeth — has so many things going on all the time that even his ever expanding entourage has trouble keeping track. None of it matters, though, if he doesn't take care of business on Saturday when he again carries the weight of a

nation on his shoulders in the latest in a string of fights that have made him wildly popular far beyond his home country. Pacquiao expects it to be his first knockout performance of the night. "For me boxing is a kind of entertainment," Pacquiao said. "You have to entertain people. You have to earn their trust."

Pacquiao has done just that in his last two fights, giving Oscar De La Hoya such a beating that he retired and dropping Ricky Hatton with one huge punch. He's gone from being a top-tier fighter to being widely regarded as the best pound-for-pound fighter in the world, and beating Cotto would give him an

unprecedented seventh title in as many weight classes.

It also would set up a bout with unbeaten Floyd Mayweather Jr. in one of the biggest fights in boxing history. That's assuming, of course, that Pacquiao can focus on his most important duty of the night.

"I set aside everything that can distract my mind," Pacquiao said. "This is the important fight of my life. To win seven titles means 20 or 30 years ago you won't forget my name. Manny Pacquiao will still be there."

Though the fight will be for a lightly regarded piece of the welterweight title, it is being held at 66 kilograms (145 pounds) at the insistence of Pacquiao's camp because Cotto is a natural at 67 kilos (147 pounds) and Pacquiao has fought only once above 63½ kilos (140 pounds). The bout at sold-out MGM Grand arena will be shown on pay-per-view.

Pacquiao weighed in at 65 kilos (144 pounds), his heaviest ever, while Cotto was 66 kilos (145) at a weigh-in on Friday attended by some 7,000 fans.

*Continued on Page B12*

**ALHAMBRA CASINO'S CHAMPIONSHIP BOXING**

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## NFL Preview

## An AFC North showdown that includes Bengals?

BARRY WILNER

AP Football Writer

NEW YORK (AP) — The Pittsburgh Steelers are accustomed to playing for first place in the AFC North division. They just aren't used to vying for it with the Cincinnati Bengals.

Yet if the Bengals win at Heinz Field on Sunday and sweep the Super Bowl champions for the first time in 11 years, they will take a stranglehold on the division.

"I think Baltimore and Pittsburgh have set the tone for the AFC North and were the ones to come up with the formula, which is good solid defense, run the football and control the field position game," Bengals quarterback Carson Palmer said. "I think that is something we have turned into."

The Bengals also have specialized in late-game comebacks, including the 23-20 victory over Pittsburgh in September, Cincinnati's first at home against the Steelers in nine tries.

That was Pittsburgh's second straight loss. Guess

what: The Steelers have won five in a row since. They've been particularly impressive against the Minnesota Vikings and Denver Broncos, two of the elite teams of the first half of the NFL season.

Two others meet at Indianapolis, where the unbeaten Colts host the New England Patriots.

If it seems these two square off every year, it's true. They have met each season since 2003 and clashed in three of the last four playoffs. The tally since 2003: New England 5, Indy 4.

Even if the Colts weren't unbeaten and the Patriots weren't revving it up since a mediocre first month, this would be great entertainment.

Colts quarterback Peyton Manning has the look of an MVP. How to tell? He's already won three of them and he's performing at that level.

Patriots counterpart Tom Brady is starting to resemble the quarterback by whom all winners are measured.

Both are surrounded by supreme talent, and both have defenses that are more

than complementing the offenses.

The one added element: Tony Dungy retired as Colts coach and successor Jim Caldwell has the best record for a rookie NFL coach since 1931. Now he gets to match wits with Patriots coach Bill Belichick.

The New Orleans Saints, the NFL's only other unbeaten team, have looked beatable in the last three weeks, yet remain spotless at 8-0. Their St. Louis Rams opponents aren't expected to deliver the first defeat, even if the Rams won for the first time two weeks ago, then got a bye.

The Philadelphia Eagles visit the San Diego Chargers, and both teams are still trying to settle.

The Eagles can look like world-beaters one week, such as against the New York Giants in a 40-17 romp to begin the month. Or they can get beaten up physically, as in last week's loss to Dallas.

The Chargers struggled to take down woeful Oakland two weeks ago and were about to fall at the Meadowlands until the



Giants got conservative in the final minutes last weekend. Now, San Diego has won three straight, yet still doesn't have the aura of a championship contender. A win this weekend could change that perception.

Also on Sunday, it's Dallas at Green Bay; Denver at Washington; Seattle at Arizona; Detroit at Minnesota; Atlanta at

Carolina; Jacksonville at the New York Jets; Buffalo at Tennessee; Tampa Bay at Miami; and Kansas City at Oakland. Baltimore visits Cleveland on Monday.

The round began with Chicago at San Francisco late Thursday.

Off this week are Houston and the New York Giants, the final byes for the season □

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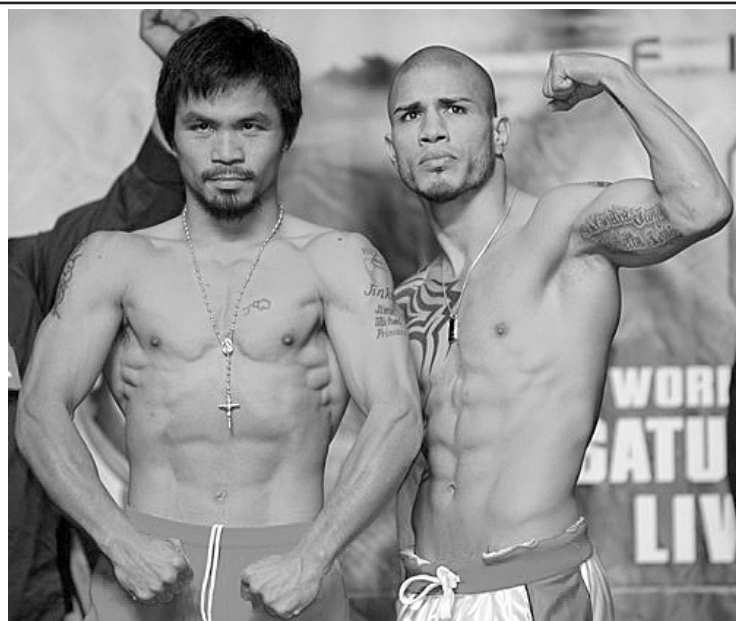
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**Manny Pacquiao, left, of the Philippines, and Miguel Cotto, of Puerto Rico, pose during the weigh-in for their WBO boxing welterweight title fight Friday, Nov. 13, 2009 in Las Vegas.**

*Associated Press*

**PACQUIAO**

*Continued from Page B10*

The fight has the potential to be one of the most entertaining of recent big bouts, if only because Pacquiao fights in a frenetic style and Cotto loves nothing better than to move forward while throwing a relentless swarm of punches. But there are still questions about Pacquiao's chin against a bigger fighter as well as how much Cotto has recovered from the beating he took last year at the hands of Antonio Margarito.

Odds makers make Pacquiao a 2½-1 favorite partly because the betting public is going by his last two performances and partly because he seems to have accomplished the hardest task in boxing — bringing both his speed punch with him as he moved up in weight in a pro career that began at 48 kilos (105 pounds).

"We believe we have an advantage in speed and in power, too," Pacquiao said. "My speed is still there and if you have speed you can create power."

Hatton found that out when he was on the receiving end of Pacquiao's left hook, his best punch. But Roach has helped Pacquiao develop a decent right hand in the last few years, too, so opponents can no longer look for just one punch.

The fight plan is simple for Pacquiao: Take command early and don't give Cotto a chance to build his confidence.

"If we let him win the first few rounds he'll begin to think he can fight with Manny," Roach said. "My job is not to let that happen."

Cotto's left hook is his best weapon, too, and until Margarito — with the possible help of some suspect hand

wraps — stopped him in the 11th round last year, Cotto was a rising star himself. Cotto struggled in his last fight to win a bloody split decision over Joshua Clottey and Roach, for one, believes he has slowed and is no longer the same fighter he once was. Cotto will make just half of Pacquiao's \$13 million guarantee for this fight. He will also have to deal with having a new and untested trainer in his corner and the possibility that his cut against

Clottey will be reopened in this fight. The crowd also will be against him. "It's just a fight," Cotto said. "I'm not mad that people want me to win this fight or not. If he thinks he is going to win seven titles in seven weight divisions now, he has picked the wrong moment, the wrong fighter and the wrong opponent. If he thinks he is going to win the seventh title against Miguel Cotto, he is very wrong." □

*NBA Roundup*

# James leads Cavs past Heat, 111-104



**Cleveland Cavaliers forward LeBron James (23) and Miami Heat guard Dwyane Wade (3) stand on the court in the first quarter during an NBA basketball game in Miami, Thursday, Nov. 12, 2009.**

*Associated Press*

MIAMI (AP) — LeBron James and Dwyane Wade put on a show in their first showdown of the season, as James scored 34 points to help the Cleveland Cavaliers beat the Miami Heat 111-104 on Thursday.

Wade scored 36 points but couldn't rally the Heat from an 11-point deficit in the fourth quarter.

Mo Williams made five 3-pointers and scored 25 points for the Cavs, while Shaquille O'Neal added 14 in a return to his former home court.

But in the end, it was James leading the way. He scored Cleveland's final eight points over the last 2:42. He finished with seven assists and went 16 for 18 from the free-throw line. Michael Beasley scored 24 points for the Heat, who lost for only the second time.

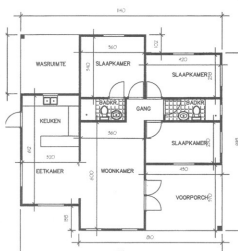
James and Wade shared a long embrace just before tipoff, and they joked during a timeout near the end of the first half. They can opt out of their contracts next year, and on Wednesday, Wade said the pair have talked about going to the same team.

James then said he won't discuss free agency with reporters any more until the end of the season. For now, at least, the two good friends entertain as opponents.

Lakers 121, Suns 102

At Los Angeles, Kobe Bryant scored 29 points, and Andrew Bynum had 26 points and 15 rebounds in his return from injury as Los Angeles put the brakes on Phoenix's fast start. □

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**E-mail: [johnnypaesch@yahoo.com](mailto:johnnypaesch@yahoo.com)**

## Dokter na Warda



ORANJESTAD

SAN NICOLAAS

Dr. Tromp

## Botica na warda

Oranjestad:

Botica October

San Nicolaas:



Police

No. di Polis	581-1100
Oranjestad	582-4000
Noord	587-0009
Sta. Cruz	585-4710
Savaneta	584-7000
San Nicolas	584-5000

## Emergency Numbers



Emergencia	911
Polis	100
Brandweer	115
Brandweer II	582-1108
Tipline di Polis	11141
Hospital	587-4300

## Oranjestad

Ambulance	582-1234
Warda Polis	582-4000
BGD Oranjestad	582-8877

## San Nicolas

Ambulance	584-5050
Warda Polis	584-5000
BGD San Nicolas	584-1606
Valero Security	584-1720

## Services

Elmar	583-3000
Informacion	118
Kadaster	582-1311
Serlimar	584-6456
Setar	582-5151
Taxi	582-2116
Web	585-4600
Voogdijraad	582-1262
Taxi- Tas	587-5900
Bureau Sostenenmi	588-1010
Profesional Taxi	588-0035
Taxi D.T.S.	587-2300

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14 Celebrity Millenium  
15 Braemar  
16 Zuiderdam  
16 Statendam

## Funeraria's

AD Patres	584-2299
Del Pueblo	582-5622
Mementomori	583-3358
Zepp Weber	582-1612

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Aruba (FADA) Tel: 583-2999

### Fundacion Respetami

Tel: 582-4433

### Fundacion Diabetico

Arubano

Tel: 583-3808

### Narcotics Anonymous

Tel: 583-8989

### Fundacion Amor pa

Prohimo

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Fundacion Hende Muher

den dificultad

Tel: 583-5400



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# Chávez descarta pacto de no agresión propuesto por Brasil

CARACAS (AP) - El presidente Hugo Chávez descartó el viernes que su gobierno vaya apoyar el pacto de no agresión propuesto por Brasil para que tropas internacionales custodien la frontera colombo-venezolana, y afirmó que el problema no es la frontera sino las “bases militares”.

“Nosotros no vamos aceptar una fuerza extranacional cuidando nuestras fronteras. Que Colombia cuide la suya, nosotros cuidamos la nuestra”, dijo Chávez, durante un acto en un parque capitalino, al descartar el pacto de no agresión que propuso esta semana Marco Aurelio García, asesor internacional del presidente Luiz Inácio Lula da Silva.

El mandatario señaló que estaba en contra de la propuesta de García porque “es un tema de soberanía, y la soberanía no se discute”. “El problema no es la frontera...el problema son las bases militares”, indicó Chávez al reiterar las críticas contra el acuerdo que suscribieron el mes pasado Bogotá y Washington que permite a tropas estadounidenses utilizar siete bases colombianas.

“Nosotros cuidamos nuestra frontera como Brasil cuida la frontera de Brasil, como México debe cuidar la México, como Colombia debería cuidar sus fronteras”, añadió.

García planteó esta semana que Brasil estaría dispuesto a aportar aviones para monitorear la frontera entre Colombia y Venezuela, como parte de un acuerdo de no agresión.



Una partidaria del presidente venezolano Hugo Chávez participa el viernes 13 de noviembre de 2009 en una manifestación pro oficialista en Caracas contra el convenio militar suscrito entre la vecina Colombia y Estados Unidos. (AP Foto/Fernando Llano)

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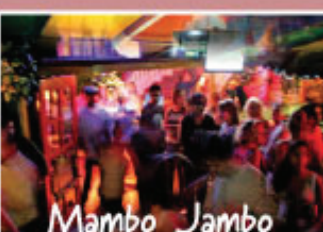
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